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Health



2016 TOTAL FAT BLAST

Cassey Ho's Top Moves for
- Flat Belly
- Lean Legs
- Firm Butt

Get Your Best Sleep EVER

WANT TO BE HAPPIER?

Do This Today P. 126

9 FOODS THAT SLIM YOU DOWN

SOFT, SMOOTH SKIN

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jan/feb '16

VOL. 30, NO. 1

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Cover photography by James White. Styling by Karen Shapiro. Hair by Philip Carreon at Crosby Carter Management. Makeup by Mai Quynh at Starworks Artists. Manicure by Jenna Hipp at Nailing Hollywood.

To get Cassey's fierce look, use these CoverGirl products: TruBlend Foundation in Sand Beige, TruBlend Blush in Pure Romance, Plumpify by BlastPro Mascara, TruNaked Waterproof Eyeliner Duo and Colorlicious Oh Sugar! in Spice; at mass retailers.

For Cassey's hairstyle, use these Herbal Essences products: Naked Volume Flexible Hold Spritzer and Naked Dry Shampoo; at mass retailers.

Clothing, cover: Solow top; solowstyle.com. Suki Shufu bandeau and leggings; sukishufu.com. Brooks Glycerin G13 shoes; brooksrunning.com. Clothing, this page: Stella McCartney jacket; adidas.com. Alo bra; aloyoga.com.

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"Take a risk, follow your dreams and don't be afraid to fail."
—CASSEY HO

PHOTOGRAPHY BY JAMES WHITE

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MAKEUP, CHRISTINE BLACKBURNE; SLEEP PRODUCTS, WILL STYER; RUNNING, MICHAELSVOBODA/GETTY IMAGES; SORGHUM, MAREKULIASZ/GETTY IMAGES

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Kick-start Your Most Amazing Year Ever

This time of year, it's all too easy to fall into the resolution-regret cycle. We vow to be better—at healthy eating, at exercising—but our stick-to-itiveness doesn't seem to stick. Then we feel bad and think we're not disciplined enough—and why isn't our belly flatter, anyway?!?

I'm breaking this cycle for 2016. The incredibly useful tips in "Resolution (and Body!) Reboot" (page 43) are improving everything from my fitness level to my stress load. "How Nutrition Pros Wake Up Their Oatmeal" (page 140) showed me ways to upgrade my bowl, and the workouts from Cassey Ho and Tracy Anderson are nice additions to my gym time.

Changing my environment has helped, too. *Health* recently moved to offices on the Hudson River. I now walk the riverfront at lunch. (If you could use fresh surroundings, join us at Canyon Ranch Resort; details below.)

Whatever your goals, be kind to yourself—and realistic. That is the key to forming good habits that will last a lifetime.



Quick tip: Add fruit and nuts to oatmeal to up its (filling) fiber.

Clare McHugh
editor
clare@health.com

Unlock Extra Content

Access videos and shop for items in our stories by scanning selected images in this issue. How it works:

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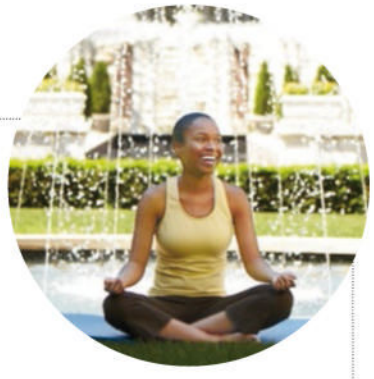
3 The app will load the added features. Here's what you'll find in this issue:

- **PAGES YOU CAN SHOP!** Buy the perfect skin cream (page 30), the coolest smart watches for fitness (page 60) and other great products right from your device.
- **WORKOUT VIDEOS** from fitness expert Tracy Anderson (page 56) and our cover star Cassey Ho (page 112)

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← Find your calm and connect with top fitness and health pros at our Canyon Ranch Resort weekend.

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New From Health



New Year, New Willpower

If your goal for 2016 is to be healthier, we've got the tips to make that happen. Go to **health.com/new-resolutions.**

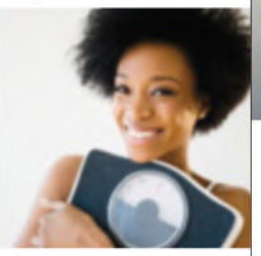
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Don't worry if you've gained a few. You *can* get back to your feel-great weight. Follow us on Twitter (**@goodhealth**) and look for **#HealthyNewYear** to start your year off light.

Snack Smarter at Work



Quiet the munchies with no-bake energy bites. They have the ideal mix of healthy fats and protein to keep you full without a sugar crash. Go to **health.com/energy-bites** for the easy recipe.



Surprising Age Erasers

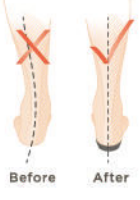
Want to keep your glow without resorting to fillers, nips and tucks? Discover ordinary lifestyle moves that turn back the clock at **health.com/defy-your-age.**

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- "Tough times don't last, but tough people do!"
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- "My health, my wealth."
 —*Amanda P., via Facebook*
- "Although the brave may not live forever, the cautious do not live at all."
 —*@HeideWrite*
- "Positivity is the key to your happiness."
 —*@JessicaKoczan*
- "Never look back—that is not the direction you are heading."
 —*@maitri108*
- "Let it be enough."
 —*@ThaDancinHanson*
- "Everything happens for a reason."
 —*Gemma G., via Facebook*

WHAT IS YOUR LIFE MANTRA?

OUR COVER CELEB SAYS...

"Give yourself the 100 percent chance to succeed, or you won't."
—*Cassey Ho*

PRO_SHARE

Mantras are much more than an upbeat phrase on a T-shirt—they're actually an important component of meditation, says Brett Blumenthal, author of *52 Small Changes for the Mind.* Most important of all, she adds, mantras are "there for you whenever you need them." Why they're your best friend:

THEY'RE PERSONAL

▸ "You don't need to know anything beyond yourself to come up with a phrase that resonates with you. And because it's your own, it's empowering."

THEY CAN IMPROVE YOUR HEALTH

▸ "Mantras allow you to clear the clutter from your mind. Research has shown that meditating on a frequent basis is beneficial to the overall health of your brain and can help you de-stress."

THEY EASE YOUR GUILT

▸ "The best mantras stop you from blaming yourself when something doesn't go as planned. Don't get mad at yourself for being upset about something like skipping your workout to attend a friend's birthday. Think instead: 'Be present in the moment.'"

OM

Considered the greatest of all mantras, the Sanskrit term is used to embody the essence of the entire universe, and studies show that repeating the phrase stimulates the brain. We'll Savasana to that.

WOMAN, TATIANA KOLESNIKOVA/GETTY IMAGES



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HOLD THE HONEY

Honey has long been a golden child of sweeteners, touted as an all-natural, antioxidant-rich alternative to sugar. The less-than-sweet truth: It may not be any better for you than high-fructose corn syrup and cane sugar, new research suggests. People's blood sugar, insulin, body weight, cholesterol and blood pressure responded the same way to all three substances in a recent study partially funded by the honey industry and published in *The Journal of Nutrition.* "We thought that honey would result in improvements to glycemia and insulin sensitivity, compared with the other two sweeteners, but it defied our hypothesis," says lead author Susan Raatz, PhD, a research nutritionist at the USDA. Lesson learned yet again: Sugar is sugar, so don't eat a lot of it, no matter what the source.



Sweet talk

The American Heart Association advises eating no more than 100 calories of added sugar a day—equal to about 5 teaspoons of honey.

FOOD STYLING BY LIZA JERNOW

PHOTOGRAPHY BY ROMULO YANES



WHAT YOUR OB-GYN WISHES YOU'D ASK

BY ALYSSA DWECK, MD

"Got questions about your body that you're way too embarrassed to ask? An ob-gyn's office is the perfect safe space. I want my patients to bring up issues like these:

I have a new partner. Why is my body suddenly reacting badly to sex?
Sex is supposed to feel good! If you're experiencing irritation or pain, you might have an infection or be reacting to lubricant or even your partner's sperm. See your gyno if symptoms persist or recur.

I might have a yeast infection. Is an over-the-counter cream OK?
Yeast infections typically cause a thick white vaginal discharge with no foul odor. If this is the case, feel free to treat with an OTC cream. Your gyno can also prescribe an oral medication. But not all discharge is a yeast infection. If there's a foul odor or bloody discharge, I advise getting an in-office evaluation.

I'm going through menopause—should I still take birth control?
A lot of women who are in perimenopause, the years leading up to menopause, think they can't get pregnant anymore, but it's just not true. You should use some form of contraception until you've gone a full year without menstruation, just to be safe."

Alyssa Dweck, MD, is a gynecologist in Westchester County, N.Y., and assistant clinical professor at the Icahn School of Medicine at Mount Sinai in N.Y.C.

4.2X

People who slept for fewer than six hours a night were this much more likely to catch a cold than those who typically got a full night of rest.
SOURCE: *Sleep*



← Sleep with your head higher than your neck—it straightens your spine.



SPICE UP YOUR LIFE

Chop up some jalapeños and pour on the sriracha—it may extend your life. According to a new study, eating spicy foods at least once a week can reduce your risk of death by about 10 percent. Researchers looked at questionnaire data from more than 485,000 adults on their health status and spicy-food consumption (whether fresh, fried, in oil or via sauce). They found that people who ate hot foods were less likely to die within the next seven years. And the more you eat, the better, says lead author Lu Qi, MD, professor of epidemiology at Tulane University: Folks who consumed hot stuff three to seven times a week had a 14 percent lower risk of death than those who ate spicy food less than once a week. Sounds like it's time for chili night!

THE BEST SLEEP POSITION FOR YOUR BRAIN

When you finally get to hit the sheets at the end of a long day, the position you doze off in is probably the last thing you're thinking about. But there's actually a major plus to passing out on your side. New research published in *The Journal of Neuroscience* found that sleeping in a side position is better than resting on your back or stomach for eliminating brain waste—which results from chemicals building up over time, potentially causing cognitive health problems, such as Alzheimer's. "We knew that the brain's waste removal system is best at night, but it was a surprise to find that sleeping in a lateral position is most effective," says study co-author Helene Benveniste, PhD. Bonus benefits: Side sleeping is also good for reducing snoring and relieving an aching back. (Not a natural side sleeper? Try bolstering yourself with pillows.)

SLEEPING, RYAN MCVAY/GETTY IMAGES; PEPPERS, RYBY/GETTY IMAGES; HEAD SHOT COURTESY OF ALYSSA DWECK



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THE PERKS OF A GOOD CRY

A sob session at the movies can boost your mood in the long run, according to a new study published in the journal *Motivation and Emotion*. Folks who cried while watching an emotionally charged film reported being in a better mood 90 minutes later; noncriers' moods were unaffected. Like stretching after sitting for too long, simply experiencing the release of crying can be satisfying, explains lead study author Asmir Gračanin, a researcher at Tilburg University in the Netherlands. Letting the tears flow during a touching moment in a film can also remind you that you're a warm and caring person, he adds. Next time you hit the theater, don't forget the tissues!



CHANGE YOUR POSTURE, CHANGE YOUR LIFE

BY AMY CUDDY, PhD

"Because we're attached to our electronic devices, we spend so much time as passive observers—collapsing, slumping, wrapping up our arms and ankles. When our bodies are in these contracted postures, we're mimicking what powerless animals do. As a result, we can feel less deserving and less capable of standing up for and protecting ourselves. Instead, use your posture and body language throughout the day to remind yourself that you are strong. Begin from the heart and pull your shoulders back to open your chest, then start relaxing your arms, uncrossing your legs, putting your feet flat on the ground. Set up your work space so that you're reaching for items you need throughout the day. This will help you avoid hunching over and closing yourself off while you work. The joy is that we can all maintain these positions and feel confident; over time, we've just somehow forgotten how simple they are."

Amy Cuddy, PhD, is a social psychologist and the author of Presence: Bringing Your Boldest Self to Your Biggest Challenges.

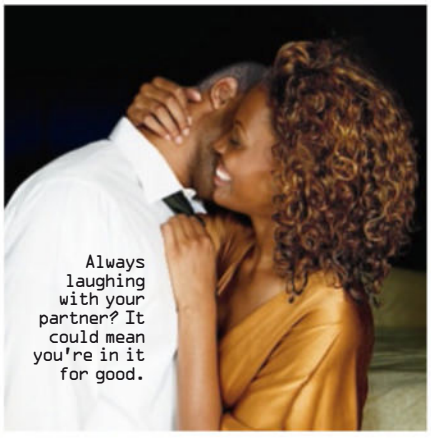
88 PERCENT

That's the portion of adults who've admitted to sending or receiving a sexually explicit text message—better known as a sext.

SOURCE: American Psychological Association

HOW HAPPY COUPLES MAKE IT LAST

LOL'ing with your partner may be the secret to holding on to those lovey-dovey feelings. Researchers at the University of North Carolina at Chapel Hill asked 71 long-term couples to recall how they first met, counting how many times each pair spontaneously laughed while telling their story. Couples who laughed more reported feeling closer to and better supported by each other than couples who laughed less. The men in the couples who chuckled a lot also experienced higher levels of commitment, satisfaction and passion. "By buffering against stress or fear of embarrassment, a shared laugh could allow you to feel more comfortable opening up to your partner to discuss a personal concern that's been weighing on you," says study co-author Laura Kurtz. So keep the giggles going: Your relationship will thank you.



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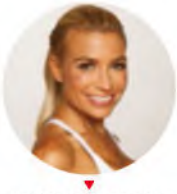
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3 WAYS TO MAKE CARBS A DIET DO

No, carbs don't have to be your archenemy. You just need to strategize when and how you consume them, explains Louis Aronne, MD, director of the Comprehensive Weight Control Center at Weill Cornell Medicine in New York City and author of the new book *The Change Your Biology Diet*. "It's easy to tell people not to eat carbs, but they're calories many people crave and will eat anyway," he says. "The question is, How do you fit in carbohydrates so they have minimal impact?" Get your healthiest fix:

1. EAT THEM LATE IN THE DAY Studies have shown that when people save carbs until dinner, they may lose more body fat over time and feel less hungry during the day than those who eat them at any hour. Why? Eating carbs solely at night may help maintain healthier levels of the satiety hormone insulin in the morning hours and throughout the day, explains Dr. Aronne.

2. EAT THEM LATE IN THE MEAL "Having protein and low-glycemic vegetables first tends to fill you up and lessen your food intake overall—but the benefits go beyond that," says Dr. Aronne. He found in his recent research that eating protein even 15 minutes before carbs during a meal causes a slower rise in blood sugar, rather than a sudden spike, which can lead to gain.

3. COOK THEM AL DENTE Aim to boil pasta just until it's chewy. ("Al dente" means "to the tooth" in Italian.) "When you cook food, you're making it easier for your body to break it down," explains Dr. Aronne. "Therefore, the shorter amount of time you cook a carbohydrate, the more slowly you will digest it, which helps extend the feeling of fullness," he says.





OPPOSITE PAGE: WOMAN, MICHELANGELO GRATTON/GETTY IMAGES; THIS PAGE: VEGETABLES, LAURIE RUBIN/GETTY IMAGES; HEAD SHOT COURTESY OF CYNTHIA SASS

EAT THESE TO KEEP OFF POUNDS

It's a classic diet rule: Load up on fruits and veggies. But the latest research suggests that specific kinds of fruits and vegetables prevent weight gain better than others. In a study published in Plos Medicine, *Harvard scientists found that as people upped their daily intake of certain fruits and vegetables, their risk of gaining weight over time went down. (Berries, apples, pears, cauliflower and leafy green vegetables showed top results.) However, consumption of starchy veggies—specifically corn, peas and potatoes—was linked to packing on more pounds. What's the difference? Nonstarchy vegetables and some fruits have lower glycemic loads, meaning they release sugar more slowly into the bloodstream, helping you feel fuller longer, explains Erin Keane, RD, assistant clinical nutrition manager for outpatients at Lenox Hill Hospital in New York City, who is not connected to the study. "If we aren't starving before our next meal, it's mentally much easier to choose healthier foods," she says.*





ASK THE NUTRITIONIST

BY CYNTHIA SASS, RD

Q: I've been working out a lot more lately. How do I know if I'm eating enough?

A: A general rule of thumb is that you need to consume about 10 calories for every pound just to fuel your body's basic functions. So a sedentary 135-pound woman requires roughly 1,350 calories, not including the additional 400 to 500 burned in, say, a one-hour cardio class, plus normal everyday activities.

If you are in fact eating too little, there are often telltale signs, like feeling tired or moody all the time. Are you getting sick a lot? Undereating can weaken your immune system. The big red flag: You're not having regular periods. That may signal that your body isn't nourished enough to maintain healthy hormone levels.

Always be sure to refuel properly post-workout. After exercising, your body is primed to use nutrients for healing, so a healthy meal, like a veggie and avocado omelet with fruit, will help your cells and muscles recuperate from the wear and tear of physical activity.

Cynthia Sass is Health's *contributing nutrition editor.*

61% ***The portion of adults in the U.S. who say they're trying to steer clear of soda, including diet varieties.***

SOURCE: Gallup poll





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DRY SHAMPOO 2.0

A dry shampoo that actually cleans your hair? That's the idea behind new formulas like Living Proof Perfect Hair Day Dry Shampoo ($22; sephora.com) and Unwash Dry Cleanser ($28; sephora.com). Unlike traditional versions, which mask gunk with powder, these cling to oils and sweat to pull them away from strands so hair feels and looks clean. How can that possibly work? "They contain a small amount of alcohol," explains cosmetic chemist Ni'Kita Wilson, "which breaks up the grime and allows the absorptive ingredients—such as zeolite or volcanic ash—to remove it." In fact, our tester found that her hair looked just as good on the third day post-wash as it did on the first.



↑ For extra body, spritz dry shampoo all over—not just at roots.



HOW TO PACK THE PERFECT TRAVEL MAKEUP BAG

BY MEGAN ALEXANDER

▶ "First off, start with a durable bag. Mine is made out of a water-resistant material that holds up against wet countertops and other spills—essential for sketchy airports or stadium bathrooms. The products inside have to be small and mighty to make the cut. I'm running from arenas to shoots all day, so I need stuff that lasts. Concealer is an absolute must to disguise my tired eyes; Tarte Maracuja Creaseless Concealer [$25; sephora.com] stays on without touch-ups. I try to keep my basics—eyeshadow, blush, liner—neutral, then just switch up my lipstick at night."

Frequent flier Megan Alexander is a correspondent for Inside Edition *and* CBS Thursday Night Football.



85% *That's how much your UV exposure can increase from the glare reflected by your iPad in the sun. (Your iPhone ups exposure by 36 percent.)*

SOURCE: *Journal of the American Academy of Dermatology*

RENEW YOUR GLOW

Don't let the dry winter months zap your radiance. New H_2O-based makeup formulas add hydration and natural-looking color. "The water allows the pigment to melt into skin, so it looks like it's coming from within instead of sitting on top like a powder," says Los Angeles celebrity makeup artist Michelle Radow. You'll get a long-lasting finish that never appears cracked or cakey. A few of our favorites:

FRESH FACE
A pigmented liquid formula that sinks right into skin, Smashbox Camera Ready BB Water ($42; smashbox.com) delivers a dose of mega moisture and just-right coverage.

SWEET CHEEKS
Stila Aqua Glow Watercolor Blushes ($26 each; stilacosmetics.com) act like a stain, giving cheeks a splash of vibrant color and a luminous finish that stays put.

LUSCIOUS LIPS
The dual-ended Josie Maran Coconut Watercolor Lip Stain and Shine ($22; qvc.com) contains, yep, coconut water to keep lips from drying out and help color go on smooth.

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WOMAN, ROBERT JASO/TRUNK ARCHIVE; HEAD SHOT COURTESY OF MEGAN ALEXANDER

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WHAT REALLY CAUSES THAT RUNNER'S HIGH

Feel a buzz as you hit your stride? The euphoric feeling may not come from a rush of endorphins, as was previously thought. It could actually be a result of endocannabinoids (yes, as in cannabis!), which are naturally produced in the body when you exercise, according to new research published in *Proceedings of the National Academy of Sciences*. In the study, mice showed fewer symptoms of anxiety and a higher tolerance to pain after running on a wheel—but when researchers chemically blocked endocannabinoid receptors in their brains, the critters didn't get the same post-run chill. Endocannabinoids may also regulate appetite, mood and memory, notes study author Johannes Fuss, of the Institute for Sex Research and Forensic Psychiatry at the University Medical Center Hamburg. Yet another reason to love that long run!

20%

You can increase your calorie burn by up to this much if you walk at varying speeds instead of strolling at a steady pace.

SOURCE: *Biology Letters*



ARE YOU INJURED OR JUST SORE?

BY DAVID REAVY

"If you have muscle soreness, you'll feel achy when you walk or perform functional activities (like lifting a cup). The good news: The more you move, the faster the soreness will subside. Warm up your body with lunges (forward-reaching, rotational, side-to-side and up-and-down) to ease tenderness. Chronic soreness may indicate a tired body—take a rest day, but do some light stretching, muscle releases (think foam rolling) and mobility work.

Being hurt is typically characterized by a persistent sharp pain that may worsen as you move; swelling is also a sign. A rule of thumb: Minor injuries usually last between one and three days and will feel better with rest, ice, compression and elevation. If symptoms continue, it may be something serious. Seek medical attention."

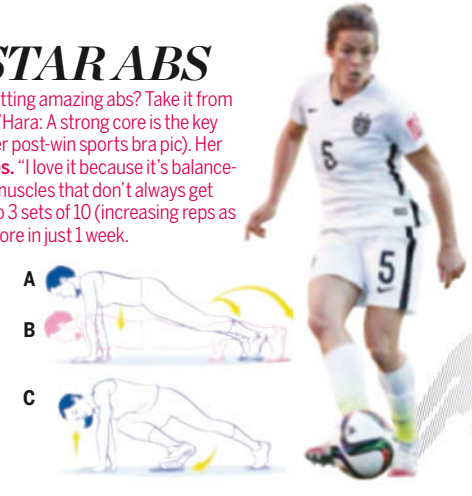
David Reavy, creator of the Reavy Method, is a board-certified clinical specialist in orthopedic physical therapy.

HOT MOVE

SCORE ALL-STAR ABS

What does a soccer player know about getting amazing abs? Take it from FIFA Women's World Cup champ Kelley O'Hara: A strong core is the key to power and speed (not to mention a killer post-win sports bra pic). Her go-to move: the **Push-up and Ab Valslides.** "I love it because it's balance-related," says O'Hara. "You're activating muscles that don't always get worked with a typical crunch or sit-up." Do 3 sets of 10 (increasing reps as you can) 5 or 6 times a week for a better core in just 1 week.

Start in the up part of a push-up, feet on Valslides ($30; amazon.com) or towels (**A**). As you bend arms to lower, slide feet wide (**B**), then back together as you push up. Next, slide right foot toward left shoulder (**C**). Return to "A"; slide left foot toward right shoulder. This is 1 rep.



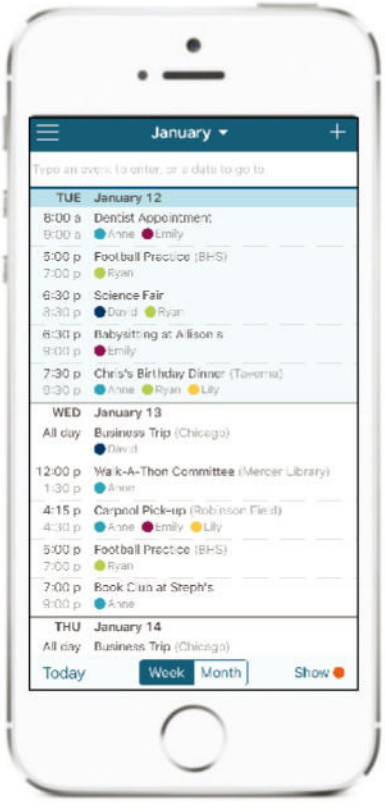
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RUNNING: MICHAEL SVOBODA/GETTY IMAGES; O'HARA: JANA CHYTILOVA/FREESTYLE PHOTOS/GETTY IMAGES; HEAD SHOT COURTESY OF DAVID REAVY

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Your Skin vs. Winter

It's the ultimate beauty smackdown: your looks against the elements. Come out on top with these derm strategies.

By **LISA WHITMORE**

WOMAN, WALTER CHIN/TRUNK ARCHIVE



→ Buff away rough patches with a washcloth or gentle face brush.

My face is so flaky. What should I do?

Blowing your nose a hundred times. Battling arctic winds. Winter conditions can irritate your skin big time and cause flakiness. "We call it 'irritant contact dermatitis,' and anything that aggravates skin can bring it on," says Mona Gohara, MD, associate clinical professor of dermatology at the Yale School of Medicine. The obvious—but key—solution is to moisturize: Use a rich cream that contains a humectant like glycerin or hyaluronic acid. For scaly patches, try a balm with emollient shea butter or argan oil, like Cosmedix Rescue + Intense Hydrating Balm & Mask ($59; cosmedix.com).

What's with the bright red blotches on my face and neck?

» Those spots are a sign that you're sensitive to cold. You could have rosacea—a flushing skin condition—but the capillaries in your skin may just dilate when exposed to triggers like dry heat or extreme temperatures. Try taking cooler showers and using fragrance-free products, says Dr. Gohara. Thermal mists that contain the inflammation-busting mineral selenium can help when used on affected areas, as can a cold compress on the back of your neck.

SCAN TO SHOP! *SCAN THE TULA CREAM TO BUY THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.*



What are those tiny red lines around my nose?

» The technical term: *telangiectasias*. But we know them as dilated capillaries (some people say they're "broken" capillaries, but they're not). Exposure to cold, biting winds makes the vessels under the skin expand and become visible. You may see them on your cheeks and chin, too. The hard truth is that they won't totally go away without a laser treatment (you'll need three to six sessions, each $300 and up). The treatment heats the capillaries to permanently close them. To ease inflammation without a trip to the derm, use products with soothing ingredients like chamomile, calendula and white tea. We like L'Occitane Shea Butter Soothing Fluid ($49; usa.loccitane.com).

BOOST YOUR DEFENSES



↑ Tula Hydrating Day & Night Cream, $52; tulaforlife.com.

> For skin that's immune to the effects of icy temps, consider applying bacteria—the good kind. "Probiotics strengthen the skin barrier, helping to lock in moisture," says *Health* Contributing Medical Editor Roshini Rajapaksa, MD. They've also been shown to calm inflammation and reduce redness. Find them in her skin-care line Tula.

HEALTH20 *Use this code to get 20 percent off your order at tulaforlife.com.*



I have little red bumps on my upper arms that get worse in winter. Help!

» The delightful chicken skin! Those raised rough spots develop when dead cells build up within the hair follicles, forming hard little plugs, explains Dr. Gohara. You can't get rid of them, but you can improve their appearance: Start with a soap-free wash in the shower, then apply a body lotion with alpha hydroxy acids to gently smooth the skin's texture. Our pick: AmLactin Moisturizing Body Lotion ($15; at mass retailers).

WOMAN, WALTER CHIN/TRUNK ARCHIVE

STILL PHOTOGRAPHY BY CHRISTINE BLACKBURNE


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My scalp is flaky. Do I have dandruff?

» It sounds that way. Dry scalp alone may feel tight or itchy, but actual flakes signal dandruff. The likely culprit: "an overgrowth of yeast on the skin," says Dr. Gohara. The easiest remedy is to switch to an over-the-counter shampoo with exfoliating coal tar or salicylic acid, says Jeanine Downie, MD, a dermatologist in Montclair, N.J. Try Glytone Kertyol P.S.O. Shampoo ($28; dermstore.com), which contains salicylic acid and sulfur. If dandruff doesn't improve after about four weeks, move on to a prescription shampoo.

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Surprising Skin Enemies

The same things that keep you warm and cozy this season could also turn your skin red and itchy.

> WOOL CLOTHING
Even if you aren't allergic to wool, you may still be hypersensitive to the fiber. Wear a layer underneath to shield your skin, or upgrade to cashmere in the name of health.

> SPACE HEATERS
These devices can bring on a condition called erythema ab igne, spots of redness caused by exposure to radiant heat. Keep a generous distance between yourself and your heater.

> HAPPY HOUR
It's the time of year to sip hot toddies, but doing so can bring on flushing and redness—and, over time, dry skin, since alcohol dehydrates you. Drink in moderation and have a glass of water between rounds.

What are those tiny white dots under my eyes?

Those little lumps are not acne (so stop trying to squeeze them!). In fact, they're likely miniature cysts, called milia, which are often caused by heavy creams or other occlusive products used under the eyes, says Doris Day, MD, a dermatologist in New York City. Solution: Dab a gentle chemical exfoliator over the area (avoiding eyes); it will help shed skin, which may coax out the cysts. Try Paula's Choice Skin Perfecting 2% BHA Liquid ($28; paulaschoice.com).





↑ Help prevent bumps by removing heavy eye makeup—especially opaque concealer—before bed.



My legs are crazy itchy. What's the deal?

» The itch may be abnormally intense, but the culprit is pretty ordinary: dry skin. "When the air is dry, your skin doesn't retain moisture as usual," notes Dr. Downie, and you may see a "cracked, riverbed appearance." To quell the itch, switch to a soap-free body wash (it won't strip skin's natural moisture) and apply a cream with repairing ceramides to damp skin post-shower. Also smart: Shave in the shower after slathering on a moisturizing cream, such as Whish Blue Agave Shave Cream ($20; ulta.com), to slough off dead skin cells, which can prevent moisture from getting in.



Ouch! My heels are cracked. What do I do?

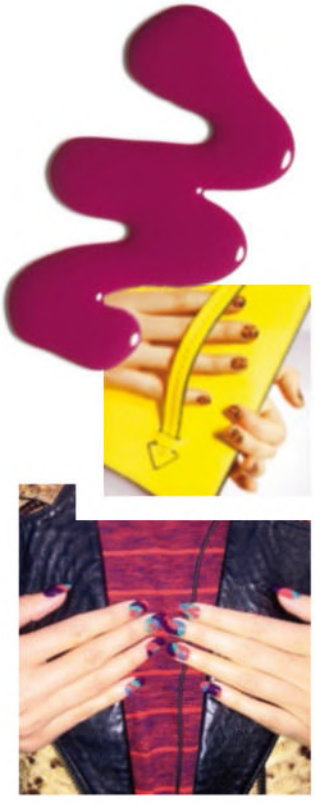
» Keep feet hydrated: "Petroleum jelly is your best fix," says Dr. Downie, as it locks in moisture. Try Vaseline Deep Moisture Jelly Cream ($8; at drugstores). To get rid of cracks, use a pumice or foot file, such as the Amope Pedi Perfect Foot File with Diamond Crystals ($37; at Walmart), on dry skin several times a week. Dry heels, healed!

WOMAN, WALTER CHIN/TRUNK ARCHIVE

7 Beauty Pros You'll ♥ on Instagram

These fun follows deliver your daily dose of pretty, along with insider tips and tutorials so you can start the new year looking #flawless.

By **CHELSEA BURNS**



1. For Fun (and Doable) Nail Art

Madeline Poole *@mpnails*

WHAT YOU'LL FIND A celebrity manicurist and global color ambassador for Sally Hansen, Poole creates and shares new nail art ideas that range from easy to aspirational. Along with daily nail selfies, you'll find shots of her runway handiwork and the hottest new polish colors.

TOP TAKEAWAY "If you're a nail art newbie, start with organic patterns, like flowers or polka dots, rather than geometric shapes. These kinds of prints don't have straight lines, so painting with your nondominant hand won't be as difficult."

CURRENT OBSESSION Sally Hansen Miracle Gel in Motley Hue ($10; at mass retailers): "My favorite shade of the season is this royal purple."







2. For Green Beauty News

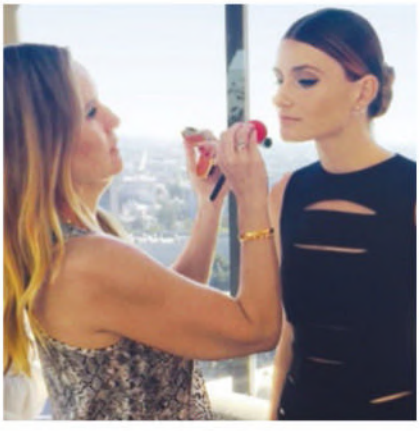
Lilly Wallace *@lillygenuineglow*

WHAT YOU'LL FIND As writer of the beauty blog Genuine Glow, Wallace documents her hunt for natural products that *work*. In addition to her views on the latest green brands, she shares food inspo and natural remedies.

TOP TAKEAWAY "Work face wash onto dry skin before adding water for a better cleanse."

CURRENT OBSESSION One Love Organics Vitamin B Cleansing Oil ($42; oneloveorganics.com): "Unlike other cleansing oils, this one dissolves stubborn makeup without leaving any greasy residue."





3. For Tried-and-True Product Reviews

Monika Blunder *@monikablundermakeup*

WHAT YOU'LL FIND When she's not doing YouTube tutorials on stars like Molly Sims and Emilia Clarke, this celebrity makeup artist can be found snapping and reviewing her favorite makeup, skin and hair picks. Questions? Ask her! Blunder is known to respond to her followers' comments.

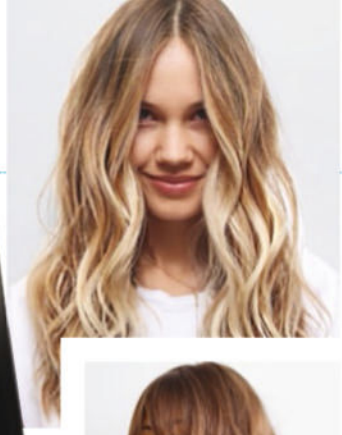
TOP TAKEAWAY "Try only one new product at a time so you can really tell how your skin is reacting to the formula."

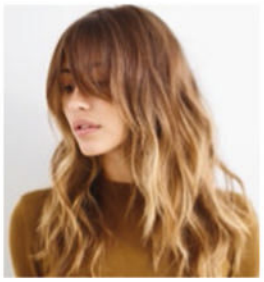
CURRENT OBSESSIONS Honest Beauty Magic Balm ($18; honestbeauty.com): "Jessica Alba taught me to use it right under the lower lash line to blur those little lines that appear when you smile." BeautyBlender ($20; sephora.com): "It presses makeup into skin for a natural-looking finish."



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STILL PHOTOGRAPHY BY CHRISTINE BLACKBURNE





4. For Major Hair Color Inspiration

Johnny Ramirez *@johnnyramirez1*

WHAT YOU'LL FIND This Beverly Hills celebrity colorist 'grams real-women hair makeovers. His technique, what he calls "lived-in color," shows how a subtle shade change or a few strategically placed highlights can drastically brighten your face. You have to see it to believe it!

TOP TAKEAWAY "Never come to your appointment with a lot of product in your hair. The buildup will prevent the pigment from penetrating as well."

CURRENT OBSESSION Oribe Gold Lust Transformative Masque ($62; oribe.com): "Use it once a week to add salon-level shine and softness."



5. For Red Carpet Looks

Kelsey Deenihan *@kdeenihan*

WHAT YOU'LL FIND Glimpses of the get-glam routines of stars like Reese Witherspoon and Lucy Hale (shown at left), plus supercute candids. Another perk: Deenihan shares her pro picks so you, too, can get the look.

TOP TAKEAWAY "I put soothing undereye patches on my clients to calm puffiness and catch any fallout during eye shadow application."

CURRENT OBSESSION Bioderma Sensibio H_2O ($20; beautylish.com): "This liquid gently removes makeup—even false lashes!"



6. For Makeup Coaching

Ellarie *@ellarie*

WHAT YOU'LL FIND This vlogger uploads easy-to-follow videos on everything from chiseling your cheekbones to covering undereye bags—all in 15 seconds or less.

TOP TAKEAWAY "Wiggle liner into the base of your lashes instead of drawing across for fullness without a prominent line."

CURRENT OBSESSION ColourPop Lippie Pencils ($5 each; colourpop.com): "They're so pigmented and creamy, I use them all over."



BEAUTY APP 411

Which beauty apps are worth your time and storage space? These will make your life simpler, and you more gorgeous.

SPRUCE (free; iTunes and Google Play)

You're on vacation and a rash appears on your leg. Instead of scrambling to find a local doctor, pull out your smartphone and snap a few photos. For $40—comparable to a typical co-pay—people in 17 states (more coming soon) get a quick diagnosis and any necessary prescriptions.

BEAUTYNOW (free; iTunes and Google Play)

If the whole office can hear you book your wax appointment over the phone, sidestep the receptionist with this app: It hooks you up with services (facials, blowouts, manicures, even Botox) right when and where you need them. Simply pick your preferred service and time to get a list of available salons along with Yelp reviews.

SHADESCOUT (free; iTunes and Google Play)

Finding a replacement for that discontinued lipstick you loved just got easier. Upload a photo of the product and ShadeScout will find a makeup match in the same shade. Use your front-facing camera to virtually try on the hue, then purchase it straight from the app.



7. For Achievable Hairstyles

Kristin Ess *@kristin_ess*

WHAT YOU'LL FIND Hairstylist to A-listers like Lauren Conrad and Ashley Tisdale, Ess defines cool-girl hair. Scroll through shots of gorgeous styles—ranging from perfectly undone waves to *Game of Thrones*–esque braids—and if you're inspired, head over to her site, thebeautydepartment.com, to get the step-by-step.

TOP TAKEAWAY "Twist hair into a bun immediately after blow-drying. After about five minutes, unwind for a soft, wavy texture with va-va volume."

CURRENT OBSESSION Hot Tools 1-inch Curling Iron ($50; ulta.com): "This iron has never failed me. It's so easy to use and creates loose waves on every hair type and texture."



← Wrap strands over the clamp for fast waves.

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Bring on brilliance with these salon-level stylers.

By **HOLLY DAWSEY**



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Show Beauty Pure Treatment Oil, $78; sephora.com.

THE SO-GENTLE CLEANSE
Rahua Shampoo, $32; rahua.com.

DETOX FOR A STRESSED-OUT SCALP
Kérastase Gommage Chronologiste Rinse-Out Pre-Shampoo, $44; kerastase-usa.com.

THE FRIZZ-FIGHTING BRUSH
Aerin Large Gold Hairbrush, $85; aerin.com.

DEEP CONDITIONER THAT WORKS THIS INSTANT
Motions Treat & Repair Deep Moisture Masque, $7; drugstore.com.

A WEIGHTLESS CREAM FOR SMOOTH BODY
Oribe Imperial Blowout Transformative Styling Crème, $68; neimanmarcus.com.

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BEST shape



← Tricks to peel off pounds, boost energy and feel calmer all year.

Resolution (and Body!) Reboot

Science is shedding new light on how to turn a goal into action—and then lasting success.

By **ESTHER CRAIN**

YOGA, VALENTINRUSSANOV/GETTY IMAGES

EAT HEALTHIER. WORK OUT more. Cut stress. If you're like almost half of all adults, you have a New Year's resolution lined up for Jan. 1. But once the confetti clears and the champagne flutes are back on the shelf, it's hard to make that pledge stick. A week into the new year, just 77 percent of resolution makers are still on track, per research from the University of Scranton in Pennsylvania. After six months, only about 40 percent will have stayed the course.

Why is maintaining resolutions so tough? Researchers have ID'd several culprits, such as setting a goal that's too vague ("I'm going to get in shape") or having unrealistic expectations (lose 30 pounds by March 1—ha!). But perhaps the biggest challenge is turning your wishes into immediate action, then keeping with it for the longer haul. "It's easy to change your attitude but difficult to change your behavior," explains Christine Whelan, PhD, clinical professor in the School of Human Ecology at the University of Wisconsin–Madison. "If you're committed to it, however, you *can* make a new habit or behavior permanent."

Outsmarting the odds means setting doable goals (go from couch to 10K, not a triathalon), then breaking them down into reasonable steps. A new you in the new year starts right here.

REBOOT YOUR DIET

When it comes to cleaning up your eating, take a tip from the Boy Scouts: Be prepared. If you want to rise above temptation, like a yummy app spread at a party, you have to think one step ahead, says New York City nutritionist Joy Bauer, RD, *Today* show contributor and founder of Nourish Snacks. It also helps to have no-deprivation strategies, she adds: "Eating better is often associated with misery, so it's no wonder that so many people throw in the towel." Use these tactics to eat healthier, long-term.

FIGURE OUT YOUR "WHY"

Maybe you hope to set a good example for your kids. Or you're just tired of not fitting into your old jeans. If you know the reason that's fueling your desire to eat better, you can use it to motivate yourself when you're eyeing the dessert menu, says Whelan.

DON'T FOCUS ON SUBTRACTING FOOD

"Instead of making an 'I want to lose weight' pledge, try 'I'm going to put more fruits and vegetables on my plate,'" says Bauer, "so the resolution is a positive action that you can perform over and over." Art Markman, PhD, professor of psychology and marketing at the University of Texas at Austin and author of *Smart Change*, agrees. "If it's an addition instead of a takeaway, you're more likely to repeat it until the action becomes an automatic habit," he says.

DO A KITCHEN CLEANSE

Toss unhealthy products (chips, sugary granolas, sodas) from your pantry, fridge, car and office, advises Maggie Moon, RDN, owner





Make fruit your grab-and-go snack by keeping it front and center in the fridge.

of Everyday Healthy Eating in Los Angeles. Then restock with good-for-you options, like carrots and air-popped popcorn. Make sure you don't have to dig deep to find them: Last year, Cornell University researchers found that women who kept healthy food visible in the kitchen had lower BMIs than those who left junky products out on their countertops.

PLAN FOR SNACK ATTACKS

▶ "The hours between mid-afternoon and dinnertime are when cravings kick in hard," says Moon. Before leaving for work, pack a 200-calorie protein–complex carb snack in your purse. Think: hummus and pita chips or pistachios and a pear. Then, when a snack jones strikes, you'll have a go-to treat to avoid unhealthy office snacks.

REBOOT YOUR WORKOUT

Get-in-shape goals tend to fizzle as early as the third week of January, per recent data based on Facebook searches. Yet some keep at it. What's their secret? "People who are successful are more likely to view fitness as a permanent lifestyle change, not an activity they can give up once they reach a number on the scale," says Kirsten McCormick, founder of Running with Forks, a wellness coaching company in Seattle.

TAKE IT A WEEK AT A TIME

▶ "It's easier to make a plan to go running three times this week than vow to run three times a week indefinitely," says Whelan. "If you make your fitness goals week by week rather than so far-reaching, you'll have more success, and that in itself is motivating."

RAISE THE STAKES

▶ Research shows that anticipating rewards may help you be more devoted to your goal. Sure, it's a bribe of sorts, but experiment with promising yourself a mani-pedi after a week of true commitment, or a new gym outfit after two. Or put a penalty on the table: Promise to go TV-less for a week if you don't follow through. A 2012 study by the National Bureau of Economic Research found that a financial pledge is another effective incentive.

BUNDLE YOUR WORKOUT

▶ You may be more likely to participate in a behavior you're not so into—such as exercising—if you combine it with an activity you really enjoy, like catching up on *House of Cards*. This strategy is called "temptation bundling," and a 2013 study published in *Management Science* suggested it works.

REBOOT YOUR STRESSFUL DAYS

"One big problem with making stress reduction your New Year's resolution is that it's so abstract," says Markman. "You can't just vow to relax without being more specific." And since you're not about to quit your job and hightail it to a peaceful island (you aren't, right?), it's

How Top Pros Plan to Recharge

Health and fitness experts are just like us—they also set self-improvement goals on Jan. 1. Here's what four of them hope to accomplish in 2016.

1. *"My New Year's resolution is to be more active with my kids. I have a 4-year-old, a 2-year-old and a newborn, and we're going to join a gym where we can swim together at least once a week. I value family time and fitness; I want to combine the two."*
—Christine Whelan, PhD

2. *"I'm trying to curtail my snack habit during the few hours after I come home from work but before sitting down to dinner. My plan is to fill that time with a new ritual that takes me out of the kitchen, like going on a walk or dancing in my living room."*
—Maggie Moon, RDN

3. *"Thanks to time spent on the computer and my phone, I get chronic back and neck pain. I've found a spine-stretching routine that helps, and I'm going to make it a priority. I should do it twice daily, but I'll start my resolution with once daily."*
—Holly Phillips, MD

4. *"I'm going on a new kind of diet—a digital diet. I'll be making an effort to truly unplug for a few hours after work. I'm excited to spend more undistracted time with my husband, kiddos and dog. Easier said than done, but I'll try!"*
—Joy Bauer, RD

crucial to learn the tools that will make your everyday tension less toxic.

SAY NO TO SOMETHING EVERY WEEK

▶ A simple "I can't, sorry" is a helpful immediate fix. Regularly overextending yourself forces you to put your own needs behind others' requests, says Pedram Shojai, an Eastern medicine expert in Orange County, Calif., and author of *The Urban Monk*.

TAKE A TIME-OUT DAILY

▶ Vow to disconnect at least once a day, suggests Shojai. Close your eyes and take 10 deep breaths in your office, or crank up a soothing playlist on your commute.

TRY MEDITATION

▶ "Meditating is like your brain's virus checker, detecting toxic stress and blocking its effects on your physical and emotional health," says Shojai. A 2013 study found that adults who were taught the basics of mindful meditation had lower levels of the stress hormone cortisol.

REBOOT YOUR ENERGY

One 2015 U.K. study showed that the main reason people were unable to make a change was that they were too tired to focus. Here's how to get yourself juiced for a great year.

KEEP A FATIGUE DIARY

▶ Once you pinpoint the time of day you feel draggy, you can make adjustments. "For example, if you're tired in the afternoon, you need to rethink what you eat for lunch or try to drink more water," says Holly Phillips, MD, author of *The Exhaustion Breakthrough*.

MAKE A TO-DON'T LIST

▶ After you write out your to-do list for the day, ask yourself which tasks really need to get done—and which aren't realistic or important. The latter constitute your to-don't list. Drawing a line through them "removes energy-draining clutter from your mind," says Dr. Phillips.

PENCIL IN BEDTIME

▶ Most of us don't think of sleeping as actively doing something, so we don't plan it. "When you put it in your calendar," explains Dr. Phillips, "it becomes a priority, the same way your gym time and work meetings are priorities." Set a reminder to go off a half hour before you plan to hit the sack. ■



YOUR POST-GYM BEAUTY ROUTINE—REVAMPED

No more morning mayhem for you: Slip in your workout, then pull off a polished and put-together look in just minutes. That means paring down products and trimming your skin-care and makeup moves, says New York City dermatologist Doris Day, MD.

Skip the a.m. face wash
"If you use a cleanser or soap prior to going to bed, you don't need it first thing when you wake up—just splash water on your face before your workout and save the full wash for when you're sweaty afterward," recommends Dr. Day.

Use multitasking moisturizers
A face lotion with an SPF of 30 or higher can do double-duty as sunscreen for the day, too, says Dr. Day.

Do a partial blow-dry
"Blow-dry the front and sides of your hair and just towel-dry the back," suggests Carrie Butterworth, celebrity stylist at Roy Teeluck Salon in New York City. Your mane will look done in half the time, and the back can finish drying during your commute.

Think in 3s
Stick to three makeup essentials, says Dawn Tunnell, a makeup artist in New York City. Try a brow pencil, mascara and lipstick, or foundation, eyeliner and bronzer—whatever gives you confidence, she says.

3 Techy Ways to Make Resolutions Stick

Extra motivation and willpower are just a click away.

1 Download an app. Free apps can lend a digital hand by keeping track of your progress, texting reminders or putting you in touch with crowdsourced support. A few to try: Balanced, Coach.me and Pact.

2 Share your battle. Social networks function as an audience to cheer you on and offer advice. A 2013 study found that when Twitter users looking to lose weight tweeted about their goals, they shed more pounds than those who didn't; research out of Northwestern University showed that CalorieKing users who "friended" others on the site lost at least 7 percent more body weight than the less social folks.

3 Do more with Google. It's not just a search engine. Google Calendar lets you set a firm bedtime, and it can ping you when it's time for your time-out. Google Maps helps you gauge the distance, terrain and incline of a new running route. Download the Google app to turn your phone into a nutrition database or fitness class finder. Wherever you are, simply ask, "Where's the nearest barre studio?" and you'll get your answer.

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Healthier You Calendar

Follow along each day for a new nutrition and exercise move that will help you double down this year.

By **JACQUELINE ANDRIAKOS**



One Mon

Stash this calendar somewhere acces
every morning. Some helpful hints: Tak
two or three days and plan out your m
necessary, shuffle around different tips
and persistent, you can't fail. Get set—

4 ***"Go" for a mile.*** Walk, run-walk, bike, swim—your pick. And don't forget to time yourself.



5 Eat today's meals on ***smaller plates.*** New research has confirmed the age-old diet trick: Smaller dishes (try 9-inch ones) and cutlery will naturally reduce your calorie intake.

11 ***Beat your own mile time.*** Rev up your Day 4 workout, and try to hit a new personal record.

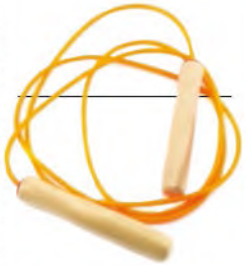


12 Build an open-face sandwich (as in one piece of bread). Or opt for a ***lettuce wrap*** instead.



18 ***Do kettlebell swings:*** Go for 10 to 15 reps to get the hang of the motion. Visit health.com/kettlebell for an easy video tutorial.

19 Can you ***go meat-free*** for the next three days? Give it a shot. Research shows that vegetarians tend to have lower BMIs than meat eaters.



25 ***Rock a jump-rope workout:*** Aim for five one-minute intervals of two-footed, alternating or high-knee skipping. Include a short rest in between each.

26 Exercise using just your body weight—***Tabata***-style! Do squat jumps, push-ups, burpees and sit-ups for 20-second intervals, with 10 seconds of rest in between. Repeat twice.

THE NEW YEAR SIGNALS A clean slate (and a clean plate!). Taking simple, practical steps toward a nutritious diet and active lifestyle is now more important than ever. Roughly two-thirds of American women are overweight or obese, according to a new report published in *JAMA Internal Medicine*.

The good news: Implementing even small everyday changes can lead to a long-term difference, says Lee Goldman, MD, executive vice president and dean of the faculties of health sciences and medicine at Columbia University Medical Center. When it comes to exercise, "the simple message is to stay active," he says. Focus on building activity into your daily routine, he adds, whether it's going to the gym, walking several extra blocks rather than driving, or taking the stairs instead of the elevator. Dr. Goldman, who is the author of *Too Much of a Good Thing*, also cautions against the common mistake of celebrating your new exercise routine with heartier meals. "Don't overestimate how many calories you burn with exercise and reward yourself by eating just as many—or more," he stresses.

For additional smart tips, check out our Healthier You calendar; it's a month's worth of easy but effective changes that can be tailored to fit your needs and fitness level. Try these moves to enter 2016 in great shape.

th to Fit

sible so you can refer to it
ke a look at the upcoming
oves accordingly, and when
s. If you focus on being realistic
go!

1 Write a specific ***wellness mission*** for the upcoming weeks (think: "I will eat two clean meals per day for two weeks") and stick it where you'll see it. Remember: This is a jumping-off point, so it's OK to start small.



2 ***Purge your pantry*** of three food products labeled "low-fat," "reduced-fat" or "fat-free." They often pack more salt, sugar or even calories than the full-fat versions.



3 ***Weigh yourself.*** Research has linked hopping on the scale regularly to better weight-loss results.

6 ***Try a bird-dog plank variation:*** Start in plank position, then extend one arm and the opposite leg without disturbing your form; switch sides. Do 10 reps on each side.

7 Trade butter for ***avocado*** to up your fiber. You can swap it into recipes; replace 1 tablespoon of butter with ½ tablespoon of avocado.



8 ***Scan your kitchen*** and purge three more food items that tend to knock you offtrack.

9 ***Get up and move***—walk, stretch, even squat—every hour on the hour. New research has shown that sitting for long periods raises your chance of getting a chronic disease, even if you exercise.

10 ***Hop on the scale again.*** If self-weighing seems to be working for you, aim for a check-in once a week.



13 Add a ***hot ingredient*** to dinner: Foods like chili peppers and hot sauce have a thermogenic effect, meaning you quite literally burn extra calories while you chew. Try throwing a diced hot pepper into a salad.

14 Two weeks down! ***Write out a new goal,*** or expand upon your Day 1 mission. (Did you manage to eat two clean meals a day? Strive for three clean meals per day for a week.)



15 ***Crack an egg at breakfast.*** Starting the day with protein-packed meals keeps you full and satisfied longer.

16 ***Experiment with a new exercise class.*** A 2015 study found that women who did 30 minutes of an unfamiliar aerobic activity enjoyed their workout more than those who stuck to their usual routines.

17 Work out first thing this a.m. An early sweat session helps keep your ***metabolism humming all day.***

20

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21 Make ***water*** your primary beverage for the rest of the month. We'll give you a free pass for morning coffee and the occasional glass of wine.



22 ***Hold a wall sit*** before you brush your teeth. Do 10 to 15 push-ups before you shower.

23 ***Take a lunch lap.*** Grab a co-worker or walk around on your own for 15 minutes.

24 ***Enjoy one fruit and one vegetable*** that you rarely eat. Only about 13 percent of adults get the recommended amount of fruit per day (1½ to 2 cups), and fewer than 9 percent get their daily veggie dose (2 to 3 cups).

27 ***Drink a 17-ounce bottle of water before each meal.*** It'll help you feel fuller, consume fewer calories and stay hydrated.



28 ***Try a gym gadget you've never used.*** Resistance bands, BOSU balls and ankle weights are great for extra burn. Find a six-move BOSU circuit that will tone your whole body at health.com/bosu.



29 Feeling strong? ***Tally 50 burpees*** by the end of the day. Crank up the traditional move with the three calorie-torching variations at health.com/burpees.

30 ***Cook with quinoa.*** The fiber-filled seed can even be used for pie crust: Get the recipe at health.com/quinoa-pie.



31 ***Determine your next wellness mission.*** Remember to make it progressive, and keep this calendar handy as a cheat sheet for the year to come.



"I have other plans, ~~cancer~~"

Gail Morse | Cancer Survivor

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SOME BAD HABITS ARE REALLY BAD. REALLY. Smoking. It's simple. Don't start. And if you are smoking, please, please stop. Tobacco as a whole is just plain dangerous, whether you're smoking it or chewing it. Speaking of smoking, all forms of it—whether it's e-cigarettes, hookahs, or cigars—are bad for you. Take a look at your diet as well. Certain foods have been linked to cancer. And don't forget about exercise; a little bit can go a long way toward your long-term health.



ADD AN APP. Go to mdanderson.org/healthapps. Apps, apps, and more apps to help you reduce the risk of cancer.

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The Upper Body Fat Blast

Tracy's secret to trim, toned arms? Hint: It's part strength, part cardio.

By **TRACY ANDERSON**

WHEN IT COMES TO achieving an amazing upper half, it's not enough to do just bicep and tricep moves. You need to pair a range of arm movements with bouts of cardio, which target the underlying flab. When you do, you get three big benefits: a more effective and higher calorie burn, allover arm and shoulder toning and, surprisingly, some upper ab action (read: a tighter tummy). Now throw those arms in the air and jump around a little—greater endurance and serious definition await.

SCAN TO SHOP!
SCAN THIS PHOTO TO BUY TRACY'S WORKOUT WEAR (LEARN HOW ON PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.

Onzie Sun Ray Bra Top, $65; onzie.com. Elisabetta Rogiani Side Gather ¾ Leggings, $91; rogiani.com. Nike Air Max Tailwind 7, $110; nike.com. Jewelry, Tracy's own.

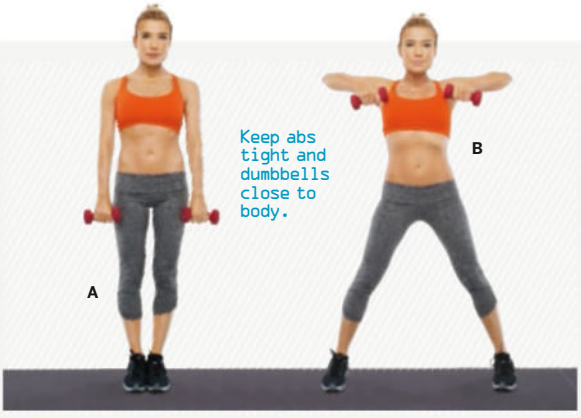
STYLING BY KAREN SHAPIRO; HAIR BY SEBASTIAN SCOLARICI FOR SERGE NORMANT AT JOHN FRIEDA; MAKEUP BY HECTOR SIMANCAS USING DIORSKIN AT CROSBY CARTER MANAGEMENT

PHOTOGRAPHY BY NATHANIEL WELCH

4 STEPS TO SLIM, SCULPTED ARMS

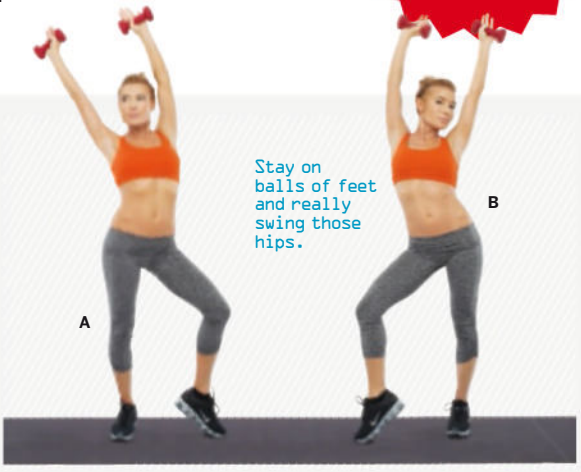
These exercises combine jumping, which amps up heart rate, with arm movements—punching or lifting—to trim and firm your biceps, triceps, shoulders and even back and waist. Perform this circuit six days a week, adding at *least* 30 minutes of cardio (more is better).

Do series twice, starting moves 2 to 4 on your right side the first round, and on left the second round.



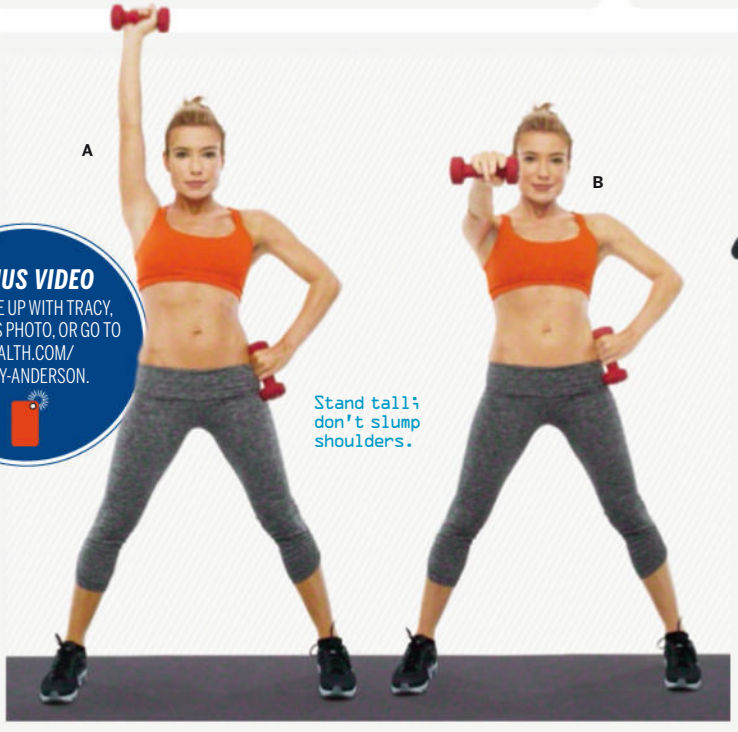
1. Jumping Jack Arm Lift

Start with feet together, knees slightly bent, arms hanging down in front of body at hip level and a 3-pound dumbbell in each hand (**A**). Jump legs out as you pull dumbbells straight up toward chin (**B**). Lower arms back down as you jump feet in to return to "A." Do 30 reps.



2. Twist and Punch

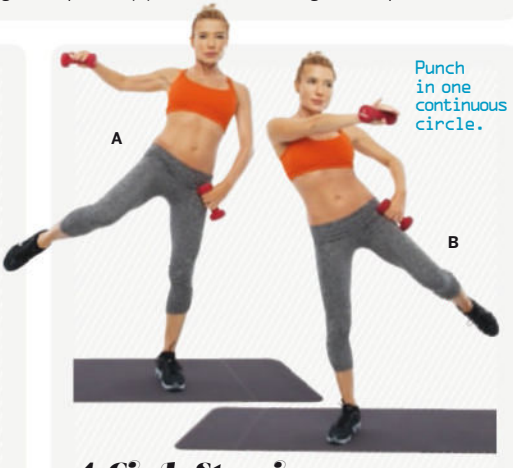
Start with feet hip-width apart, arms overhead and a 3-pound dumbbell in each hand. Jump up, shifting weight to right side while pulsing arms up to right (**A**). As you land, immediately jump back up, shifting weight to left and pulsing arms up to left (**B**). Continue alternating for 30 reps total.



BONUS VIDEO
TO SHAPE UP WITH TRACY, SCAN THIS PHOTO, OR GO TO HEALTH.COM/TRACY-ANDERSON.

3. Single-Arm Punch and Jump

Start with feet in a wide stance and hands on hips, holding a 3-pound dumbbell in each hand. Jump as you punch right arm straight up (**A**). Lower arm back to hip level, then punch arm forward, jumping again (**B**); bring arm back in. Continue for 15 reps; switch sides and repeat.



4. Circle Stepping

Start with feet in a wide stance, a 3-pound dumbbell in each hand; shift weight to left side, bending right leg back. Punch arm out to right (**A**). Return right foot to the floor, circling arm in front of you. Shift weight to right, bending left leg back; circle arm to left (**B**). Circle arm back around to right; lower left leg. Do 30 reps.

GOAL: 60 MINUTES OF CARDIO

That's the magic number if you're trying to lose stubborn pounds. Sure, 30 minutes helps with your circulation, caloric expenditure, digestion and cardio health. Unfortunately, though, I've found it isn't enough to blast off much fat. To do that, 60 minutes is crucial.

***TRACY ANDERSON** is a fitness expert with more than 16 years of experience, creator of the Tracy Anderson Method and star of more than 160 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez , Victoria Beckham, Nicole Richie and Maggie Gyllenhaal.*



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Tequila-Poached Shrimp with Lime Crema

START TO FINISH: 2 HOURS AND 25 MINUTES | SERVING SIZE: 24 PIECES

Shrimp

- ½ cup silver tequila
- ½ lime
- ¼ tsp. kosher salt
- 8 black peppercorns
- 24 jumbo shrimp (about 1 lb.), unpeeled

Crema

- ¾ cup whole sour cream
- 2 tsp. finely grated lime zest
- 1 tbsp. fresh lime juice
- 1 tsp. honey
- Kosher salt

1. **Make shrimp:** Combine 4 cups water, tequila, lime, salt and peppercorns in a straight-sided sauté pan; bring to a boil. Reduce heat to medium-low and cover pan; simmer 10 minutes. Reduce heat to barest simmer; add shrimp. Cook until just pink, about 3 minutes. Turn off heat, let shrimp sit in pan 2 minutes. Transfer shrimp to a paper towel-lined baking sheet; cool. Peel shrimp, leaving tails on. Cover and chill for at least 2 hours or up to overnight.
2. **Make crema:** In a small bowl, combine sour cream, lime zest and juice and honey; season generously with salt.
3. Arrange shrimp on a serving platter, with crema for dipping.



RIGHT ON TRACK Ever get turned around on the trails? The Columbia SingleTrak ($125; columbia.com) maps your way, leaving a virtual path of breadcrumbs to help you make it back safely.

THE INFORMANT Serious athletes, take note: The Garmin Fenix 3 Sapphire ($600; garmin.com) clocks data for hiking, climbing, skiing, running, swimming and indoor workouts, then serves up elite-level metrics (like changes in your VO2max). Oh, and you can get emails and texts.

TIME WARP Remember those '90s slap bracelets? The waterproof Reflex ($120; reflexwatch.com) upgrades that design with a futuristic face that displays date and time.

WAVE RUNNER With tide info for more than 270 beaches worldwide (wow!), the waterproof Nixon Lowdown S ($150; nixon.com) ensures you catch the best waves no matter where you are. Your job: Don't wipe out.

GAME CHANGER Durable enough for daily workouts—it tracks them, too—but sleek enough for a night out: the Apple Watch Sport (from $349; apple.com) is basically a super-handy version of your iPhone, especially in navigation mode: It vibrates before an upcoming turn. Just swap the band ($49 to $449 each) to refresh your look.

SPIKE IT Whether you're a Kerri Walsh in the making or just a casual beach volleyball player, the Swatch Touch Zero One ($130; swatch.com) will boost your sand skills, measuring the power and accuracy of your hits. It also logs daily steps.

SILVER STAR Spin the bezel on the Samsung Gear S2 ($300; samsung.com) for a host of apps, including S Health, a comprehensive fitness and health platform. You can also text, call and pay (hello, Starbucks habit!) with the flick of a wrist.

STAY TUNED The TomTom Spark Cardio + Music ($250; tomtom.com) eliminates the need to bring your mp3 player to the gym—you can download up to 500 songs right onto your watch. And it delivers multisport (run, swim, cycle, freestyle) tracking.

Health GEAR AWARDS EDITORS' PICKS

Watch Out

Exercisers, rejoice! These time tellers up your game and look great, too.

By **ROZALYNN S. FRAZIER**

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PHOTOGRAPHY BY WILL STYER



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Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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You go, girl! Joslin can keep moving (and motivating!) in these great clothes from New Balance: Precision Run Capri, $120, Trinamic Long Sleeve Shirt, $85, and Zante v2 Sneakers, $100; newbalance.com.

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JOSLIN WINTERS
34, 5'7"
Jensen Beach, Fla.

BEFORE
188 lb.
Dress size: 14

AFTER
150 lb.
Dress size: 2

TOTAL LOST
38 lb.
Sizes lost: 6

Ready, Set, Buff

Feeling exposed in sunny Florida, Joslin Winters finally made getting fit a priority—and now she's helping others, too.

As told to **JULIE MAZZIOTTA**

MY CHILDHOOD WAS LIKE something out of a children's book—we lived on a 30-acre farm, eating off the land and playing outside. Filling up on whole foods and staying active was easy. Fast-forward to 2007: I was married and had just had my first son. Being a mom meant putting my son's needs above everything else, which often meant having no time to cook and grabbing carb-heavy dinners from Olive Garden three times a week. When my second son arrived three years later, my weight had ballooned to 188 pounds.

MOVE MOTIVATION

A few months later, my family left chilly Pennsylvania for Florida. Suddenly, I couldn't hide underneath bulky sweaters. And with everyone around me so fit, I knew I had to do something. I started running, even getting up to 25 miles a week, but because my diet was still unhealthy, the pounds didn't budge. Plus, I would give myself extra treats post-run as a reward. One day a friend invited me to join Beachbody, an online accountability group with workout plans; the program seemed doable—just 25 minutes a day—so I agreed to try it. On my 32nd birthday, I sweat through my first workout. The next day, I was insanely sore from using long-ignored muscles, but I kept telling myself that I just had to get through the first 35 days.

FOOD AND FOCUS

At the same time, I rehabbed my eating, throwing out anything processed and changing my family's diet to only fresh, lean foods like fish and veggies. In five weeks I dropped 15 pounds. I kept at it, and soon I was down 25 pounds, then 30. Now I'm 150 pounds and a Beachbody coach myself. Our young sons know nothing but healthy foods. Getting in shape ended up being the best thing I could do for my kids *and* myself.

4 RULES FOR SHAPING UP

Joslin loves sharing her strategies. Check out her go-to moves here, and find even more tips at health.com/weight-loss-stories.

1
BE A SUPER PLANNER
Having a set program made it so much easier to stick to my workouts. Now that I'm exercising on my own, I schedule all my workouts a month ahead so I know what to do.

2
ALWAYS HAVE A GOAL
They don't have to be big ones—in fact, the smaller, the better! One of my favorites: Drink at least 4 cups of water a day. Checking that off my list makes me feel so accomplished.

3
FEED YOUR FEED
With Instagram, it's easy to post my workouts and find fitness role models. I like Chalene Johnson (@chalenejohnson)—she shares exercises and real-life motivational tips.

4
PUMP UP THE POSITIVITY
I love listening to Taylor Swift when I hit the gym. Not every song is the perfect tempo for tough workouts, but the positive lyrics always put me in a good mood.

SHARE YOUR TRANSFORMATION
Did you reshape your body? Tell us about your healthy change at **health.com/i-did-it** and let us know what diet and fitness strategies worked for you.

HAIR AND MAKEUP BY JACQUELINE ANDREA

PHOTOGRAPHY BY PETER BARRETT


Where should my kid go to college?
Get the answers with the Money College Planner™.
COLLEGE PLANNER
Money
The right school. The right price. The best value.
Value-focused rankings
Customizable search of 700+ schools
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The New Superfoods for Weight Loss

Health's nutritionist calls it: These six stars will soon be *everywhere* in 2016. Learn why they're so good for you and how to get more in your diet ASAP.

By **CYNTHIA SASS, RD**



To eat a jackfruit, slice it open, remove the seeds and core and loosen its lobes of flesh from the rind.

NUTRIENT POWERHOUSE

Jackfruit

This tropical tree fruit is a source of resveratrol, and new animal research indicates that the antioxidant may be key to trimming inches. The 2015 study, done at Washington State University, reported that mice that were fed a diet containing 0.1 percent resveratrol were able to convert their excess white body fat (the type that can lead to health risks) into metabolism-revving beige fat. The researchers suggest that two or three servings per day of fruit with resveratrol could supply a healthy dose. (Think: jackfruit, red grapes and blueberries drizzled with yogurt.)

Eat more: You can buy jackfruit fresh (they can be as large as a watermelon), frozen, dried or freeze-dried. Trader Joe's even sells chips. Thanks to its thick texture, the fruit is also being used as a meat substitute. Look for products from The Jackfruit Company and Upton's Naturals, in flavors that range from curry to barbecue.

BURN BOOSTER

Coffee



Another reason to heart your daily brew: It spikes your metabolism—and can make a workout extra effective. A 2015 Spanish study found that fit people who consumed caffeine before they exercised torched 15 percent more calories in the three-hour period afterward than those who didn't. The magic caffeine dose for a 150-pound woman: About 300 milligrams, just under the amount in two cups of joe.

Eat more: For an easy slow-cooker meal, combine brewed coffee with chicken breast, veggies (like sweet potatoes, bell peppers and tomatoes), low-sodium broth and a little molasses, olive oil, garlic, pepper, sea salt and chili powder. You can also blend instant-coffee crystals into a smoothie, or stir them into yogurt or oatmeal (1 tablespoon contains about 100 milligrams of caffeine).

Oldies but Goodies

You already know to get your fill of these shape-shifters. Here's how to enjoy them in delicious new ways.

Make a NUTTY sauce. Thin a few tablespoons of almond butter with vegetable broth and brown rice vinegar. Stir in minced garlic, grated fresh ginger and crushed red pepper. (Try it over steamed broccoli, shrimp and soba noodles—yum.)

Use AVOCADO in salad dressing. Puree it with a little lemon or lime juice, garlic and herbs.

Eat EGGS for dinner. To cook a crustless veggie quiche, sauté spinach, mushrooms, tomatoes and onions with garlic and herbs in coconut oil over low heat. Fold into whisked eggs and bake in a quiche or pie pan at 350°F for 40 minutes.

EVERYDAY HERO

Pulses

If you haven't heard much about pulses, that's about to change. The United Nations named 2016 the International Year of Pulses. And the research on the health perks of this familiar (and cheap!) food group—which includes beans, lentils, chickpeas and yellow split peas—keeps piling up. (Disclosure: I wrote a book, *Slim Down Now*, about the weight-loss power of pulses.) One study in the *British Journal of Nutrition* revealed that having an extra five cups of pulses per week is about as effective at reducing waist circumference as cutting 500 calories a day. The pulse eaters also experienced a boost in protective HDL cholesterol. The high fiber content of legumes is another boon: Previous research has shown that increasing daily fiber intake by about 16 grams leads to a loss of 4.4 pounds over 20 months.

Eat more: You can squeeze in a serving by snacking on roasted chickpeas or lentil crackers. Another simple trick: Toss pea protein powder into a smoothie.



JACKFRUIT: WASAN GREDPREE/GETTY IMAGES; COFFEE: S-CPHOTO/GETTY IMAGES; PULSES: ANTAGAIN/GETTY IMAGES



Look for sorghum in many gluten-free items, like crackers.

THE NEXT QUINOA

Sorghum

Meet the new gluten-free lt grain. Sorghum (pronounced SORE-gum) has an edible hull, so you eat the entire thing, which means more nutrition in every morsel. It's actually one of the healthiest whole grains, which are bona fide belly flatteners. Research from Tufts University that analyzed the diets of nearly 3,000 adults found that those who ate the most whole grains had less visceral fat (the most risky kind).

Eat more: Sorghum can be popped like popcorn, or ground into flour for baking. When cooked, it has a consistency like Israeli couscous and makes a hearty porridge or grain bowl. A tasty combo: Sauté chopped onions in olive oil. Add minced garlic and ginger, sliced mushrooms and broccoli florets; simmer in low-sodium broth until tender. Top a scoop of cooked sorghum with the vegetables and 3 ounces of cooked shrimp.

OVERNIGHT FIX

Kiwi

It turns out that this furry little fruit may be a potent sleep aid, and adequate shut-eye has long been linked to a leaner midsection. When researchers in Taiwan asked insomniacs to snack on two kiwis one hour before bed, they found that these folks were nodding off faster and snoozing more soundly than before. The scientists speculate that the effect comes from kiwi's high levels of antioxidants and serotonin, which helps regulate the body's internal clock.

Eat more: Whip up a sleepy-time smoothie by blending two kiwis with a cup of warm, unsweetened vanilla almond milk (calorie cost: 119). Or slice and garnish the tart flesh with 2 tablespoons of coconut flour (144 calories).



Bonus: Kiwis boast potassium, a mineral that fights bloat.



PROBIOTIC PUNCH

Fermented Cauliflower

Cauliflower has always been a belly-shrinking standout. (A 2015 study found that, on average, women weigh 1.37 pounds less per each additional daily serving they consume!) But when this cruciferous veggie is left to ferment in brine, it becomes infused with probiotics that improve the balance of bacteria in your gut—which may have a big effect on the size of your waist. Research on animals and humans has shown that a variety of probiotics can help with weight control. And probiotics commonly found in fermented veggies also show promise in lowering cholesterol, boosting immunity and even fighting cancer.

Eat more: You can buy fermented cauliflower from brands like Wildbrine (look in the refrigerated section). Add a dollop to turkey or salmon burgers, omelets, tacos and baked potatoes.

4 Packaged Picks

Because you can't always carry crudités.



HOPE DARK CHOCOLATE HUMMUS
▶ When afternoon cravings strike, slather this sweetened (but low-glycemic) pulse spread on a sliced pear and you'll sail right past the cookies in the pantry.

SIMPLE SQUARES COFFEE ORGANIC SNACK
▶ Containing organic cashews, almonds, honey, coconut, vanilla, sea salt, coffee beans and nothing else, one of these bars packs less than a third of the carbs in a Starbucks coffee cake.

KOMPLETE ULTIMATE MEAL REPLACEMENT SHAKE
▶ This blend of fruit and veggie concentrates (pea protein! acai!) provides up to 19 grams of protein and 20 percent of your daily fiber for under 350 calories.

MINI POPS
▶ A snack-size bag of this organic air-popped sorghum snack will satisfy your "crunch tooth" for just 100 calories. Choose from flavors like Baby White Cheddar and Subatomic Sea Salt.

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*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.









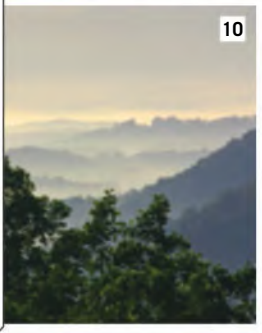




















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→ Women with very stressful jobs are more likely to get serious health problems. Time to find your Zen!

Your Body on the Clock

A modern girl's guide to dodging the sneaky health hazards lurking at the office.

By **JENNY EVERETT**

WOMAN, DECLAN SINCLAIR/TRUNK ARCHIVE

NEXT TIME YOU PLOP down at your desk, consider the ways your office space—where you'll be spending the next eight-plus hours—might impact your body. "When you think about it, it's frightening how little we know about how our work environments affect us," says Carolyn Rickard-Brideau, an architect in Arlington, Va., who studies the link between design and human health. Everything from energy-efficient lighting to open floor plans has the potential to mess with your well-being. Here, leading experts highlight six dangers of the 21st-century office job and pitch their best tips to help you work smarter and feel better at the end of a (very) long day.

HAZARD

Fluorescent lighting

As incandescent bulbs go the way of the fax machine, CFLs are becoming an office fixture. Although they're certainly greener, they can be meaner when it comes to your skin: A study done at the State University of New York at Stony Brook found that tiny cracks in CFL coatings allow the bulbs to emit UVC rays, which can damage epidermal cells at close range. In other words, overhead fluorescents are A-OK, but you should rethink your desk lamp. "Sitting within 2 feet of this type of bulb for lengthy periods could be harmful," says lead study author Miriam Rafailovich, PhD.

WORK WELL Brighten your space with an LED light, like the Trademark Global Lavish Lamp ($30; at Target), which poses no health risk, says Rafailovich.

OFFICE RUMOR

"Fluorescent lighting causes migraines."

Well, not exactly. If you're prone to these awful head pounders, any light can trigger the pain, which is why resting in a dark room may bring some relief.

HAZARD

Working nonstop

While budget-cutting corporations squeeze more and more from their employees, it's not surprising that nine-to-fivers (read: nine-to-niners) are more stressed than ever. But women seem to have it worse. Twenty percent of us report that our stress level is above an 8 (out of 10), compared with 16 percent of men, according to the American Psychological Association. And 43 percent of women say their stress is on the rise. That kind of chronic stress raises heart rate, blood pressure and levels of inflammation—all risk factors for heart disease, says Suzanne Steinbaum, DO, director of women's heart health at Lenox Hill Hospital in New York City.

WORK WELL Hit the water cooler. Walk a lap around the floor. Pee often! Worker bees who take short, frequent breaks experience less emotional exhaustion, more job satisfaction and fewer aches and pains than those who don't, according to 2015 research from Baylor University in Waco, Texas. Can't find time to press pause? Suggest moving one of your meetings outdoors. Studies have shown that simply being in nature lowers blood pressure and levels of fight-or-flight hormones.



→ Got a window seat? Don't forget SPF—most glass lets in UVA light.

HAZARD

Lack of privacy

Silicon Valley–inspired open floor plans are meant to encourage collaboration. But they also tend to generate a steady hum of distractions, as chatter, rings and pings travel freely through the airy space. One 2014 study found that workers lost up to 86 minutes of productivity a day due to various

WOMAN, KLAUS VEDFELT/GETTY IMAGES

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↑ To avoid neck strain, keep your screen no farther away than arm's length.

interruptions. "Every time you're disturbed, you must not only let go of the distraction but then reconnect with the original subject of attention," explains John Weaver, PsyD, a psychologist in Waukesha, Wis. This process just adds extra stress to your day.
WORK WELL See if you can expense some noise-cancelling headphones. Bose's QuietComfort 20 model ($250; bose.com) has an in-ear design, so you can drown out the din without messing up your perfectly tousled bun. No dice? Take a breather in a quiet spot with a pretty view whenever you hit a wall, suggests Rickard-Brideau. "Thanks to a phenomenon called unconscious processing, your brain will keep working on a problem even though it's no longer in front of you," she explains. Expect a breakthrough on the way back to your chair.

HAZARD
Beaucoup screen time

On average, we spend more than half our waking hours staring at electronic devices—a habit that can affect more than your neck. A 2014 Japanese study found that office workers who were parked in front of a computer for most of the day experienced a reduction in their tear fluid, a typical symptom of dry eye. (Ouch.) This is partly because we tend to blink less when we gaze at a screen. Poorly lubricated peepers can lead to strain, irritation and blurry vision.
WORK WELL Optometrists recommend giving your eyes regular breaks—which allows them to recoup that natural lubrication—by following the 20-20-20 rule: Every 20 minutes, gaze at something 20 feet away for 20 seconds.

How to Meditate While Pretending to Work

Follow this simple five-step technique, courtesy of hypnotherapist and self-help expert John McGrail, PhD, to de-stress without ever leaving your desk.

1. Sit quietly and breathe deeply. (If the boss is out, feel free to close your eyes.)
2. Conjure a time when you felt really confident and powerful, and stay focused on that memory until the feeling returns.
3. Press your left thumb and forefinger together, gently squeezing until the memory fades.
4. Repeat the exercise, this time using a memory of an occasion when you felt serene and peaceful. Then do it again with a memory of feeling unconditionally loved.
5. Practice this exercise daily for a week. After that, just squeezing your fingers will trigger positive, "I can handle this" vibes.

HAZARD
Slouching

American workers maintain good posture for a little more than a third of their workday, studies show. The rest of the time, let's just say we're not sitting pretty. "Aside from back pain, slouching causes a slowdown in digestion and circulation," says Brad Thomas, MD, founding partner of Beach Cities Orthopedics in Manhattan Beach, Calif. It can even affect your mental state. A study in *Health Psychology* found that people who slumped while working under pressure had more negative thoughts than those who sat up straight.
WORK WELL Check yourself. Is your butt in the back of your chair? Feet on the floor? (A lumbar support or foot stool might help.) Can you type without changing your posture? Good. If you'll need reminders to stay this way, try the Lumo Lift ($80; lumobodytech.com), a personal tracker that vibrates every time you hunch.

HAZARD
The kitchen

When you grab a juice from the pantry, you may pick up more than kale-beet. Researchers at the University of Arizona found that an employee sick with a cold, the flu or a stomach bug will likely contaminate the fridge door, microwave and coffeepot within two hours!
WORK WELL Alcohol-based hand sanitizers can quickly kill a lot of bacteria, but they aren't as effective as good old soap and water when it comes to knocking out viruses. And when you wash your hands, don't rush it: A thorough job—including rubbing hands together vigorously to jar all those germs loose—should take a solid 20 to 30 seconds. ■

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By **LESLIE BARRIE AND CATHERINE DIBENEDETTO**

ease allergies



Mix goose down feathers with milkweed fibers and you get Hypodown—the naturally hypoallergenic (and patented) fill inside this luxurious Ogallala pillow.

Double-Shell Firm Pillow, $290 for a queen set; bedbathandbeyond.com.

The Moroccan-inspired design on Coyuchi's organic cotton linens has a handcrafted feel.

Dotted Lantern Printed Sheets, $298 for a queen set; coyuchi.com.

There is rest for the chemical-weary on the 250-thread-count percale sheets from CB2, made with 100 percent organic cotton, inks and dyes.

$100 for a queen set; cb2.com.

Zip your pillow into this breathable case to help prevent the buildup of allergens like dust mite feces, mold spores, pollen and dander. (But we're guessing we had you at "mite feces.")

AllerEase Maximum Allergy Pillow Protector, $10; aller-ease.com.

This little black box does big things: It sucks up 99 percent of airborne particles in the room, captures household odors and zaps microbes dead.

GermGuardian 3-in-1 HEPA Table Top Air Purifier and UV Sanitizer, $69; amazon.com.

The Company Store's organic cotton down comforter is just as dreamy as it sounds—you can throw it in a warm wash and the dryer whenever your allergies flare up.

$269 for a queen; thecompanystore.com.

Free of perfumes and dyes, this plant-based detergent is less likely to irritate sensitive skin. (Bonus: One small bottle holds enough for 50 loads.)

Method 8x Free + Clear, $15; amazon.com.



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PHOTOGRAPHY BY WILL STYER

get your beauty rest

Anti-aging hero retinol is the star of this lotion, formulated to restore your skin while you snooze.

StriVectin Advanced Retinol Intensive Night Moisturizer, $112; strivectin.com.

To wake up bright-eyed, try blocking out the light (and the world) with Kumi Kookoon's skin-pleasing silky eye mask.

$32; kumikookoon.com.

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With a unique gel texture (inspired by memory foam!), this skin-plumping mask delivers protective ingredients like raspberry and tomato stem cells through the wee hours.

Erno Laszlo Hydra-Therapy Memory Sleep Mask, $90; nordstrom.com.

Before bed, work a dollop into your stressed-out tresses for rejuvenated locks by morning. Don't worry about leaving smears on your sheets; it absorbs instantly.

Alterna Haircare Caviar Overnight Hair Rescue, $38; sephora.com.

Create the perfect microclime in your bedroom with this sleek Swiss machine. Your no-longer-chapped lips will thank you. All. Winter. Long.

Stadler Form Oskar Little Humidifier, $130; stadlerformusa.com.

Because staying hydrated is one of the best secrets to glowy skin. And this pitcher's tumbler fits on top as a lid to save space on your nightstand.

Crate and Barrel Oasis Bed Carafe with Glass, $25; crateandbarrel.com.

Psst, side sleepers: This satiny headrest cradles your cranium to protect your face from wrinkle-forming creases.

Nurse Jamie Beauty Bear Age Delay Pillow, $69; nursejamie.com.

Bye-bye, bedhead and sleep lines! Made from the highest-quality silk, this pillowcase is gentle on hair and won't draw moisture away from your face like cotton does.

Slipsilk Pure Silk Pillowcase, $79 for a queen; nordstrom.com.

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fall asleep faster

With its blend of three relaxing herbs—lavender, chamomile and fennel—this delicate tea will become your new nightcap.

Mullein & Sparrow Serene Tea, $18; mulleinandsparrow.com.

For the ultimate REM-inducing ritual, soak in a warm tub with these salts that contain extracts of valerian root and hops—both known for their soothing effects.

Kneipp Sweet Dreams Mineral Bath Salt, $20; kneippus.com.

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SCAN THE BATH SALTS TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.

Just can't get comfy? Consider upgrading to this memory foam pillow. It contours to your head and neck and uses diamond particles (!) to draw heat away from your noggin so you stay blissfully cool.

Beautyrest Diamond Luxe Pillow, $149; beautyrest.com.



GENTLE SCENT

Not into lavender? Try Roman chamomile essential oil instead. Its light floral fragrance has been shown to bring on slumber.

If a scratchy throat or persistent cough is what's keeping you up, a humidifier may help. This one is ideal for frustrated night owls: It's whisper-quiet and doubles as a diffuser for aromatherapy.

Objecto H4 Hybrid Humidifier, $270; casa.com.

This pretty diffuser doesn't use heat, which can degrade the quality of essential oils. Instead, it emits a superfine mist of water and oil to create an atmosphere of calm.

Saje AromaArt Ultrasonic Nebulizer, $85; saje.ca.

The steady whir of the fan inside this white noise machine masks the creaks, clangs and other nocturnal sounds that can disturb light sleepers.

Marpac Dohm-DS, $60; amazon.com.

Help Me, Sleep Doc!

✦ Jaspal Singh, MD, of Carolinas HealthCare Systems, tackles your biggest shut-eye problems—no overnight stay in a clinic required.

It takes me forever to fall asleep!

✦ "Don't just lie there. Get up and do 15 minutes of meditation or yoga."

My partner snores!

✦ "Stagger your bedtimes, or ask him to roll onto his side. Earplugs are an option, too. Just remember to keep them clean, and don't jam them in your ears."

I'm a slave to the snooze button!

✦ "That could be a sign you're not getting enough rest. Try going to sleep earlier."

—Kate Rockwood



A DAILY

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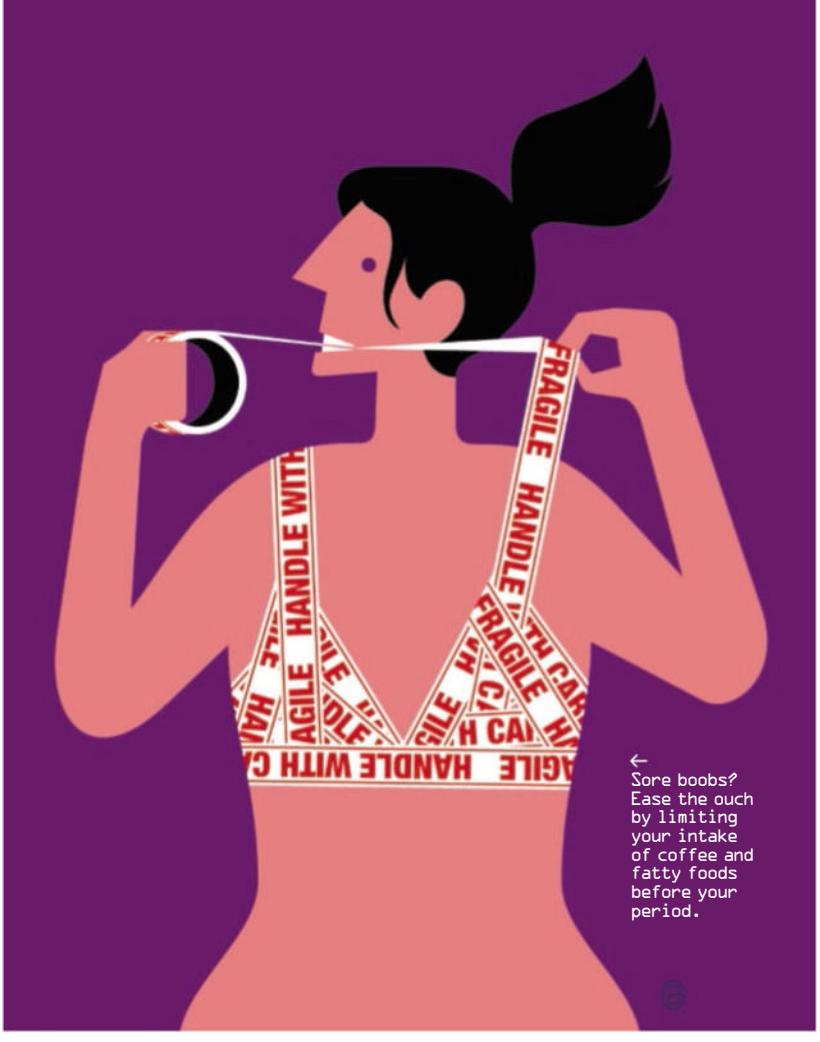
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Health's *medical editor,* ***ROSHINI RAJAPAKSA, MD,*** *is associate professor of medicine at the NYU School of Medicine and co-founder of Tula Skincare.*

Our Doc Will See You Now

What causes achy breasts? Is bathroom stage fright bad for you? Dr. Raj has the answers.



← Sore boobs? Ease the ouch by limiting your intake of coffee and fatty foods before your period.

Why do my breasts feel so tender before my period?

You can thank hormones for that. A spike in estrogen just before ovulation causes the breast ducts to enlarge, while a peak in progesterone during the week before your period stimulates the growth of the milk glands. The resulting breast soreness, aching or swelling often goes hand in hand with PMS (ugh!), intensifying during the days leading up to your period. While most women have tenderness in the upper, outer portions of both breasts, you can feel it all over and even in the underarm area (where some women have small amounts of breast tissue).

To help ease the pain, try wearing a comfy, supportive bra, taking an over-the-counter pain reliever and keeping up with regular exercise. You may find it helpful to limit caffeine, salt and fatty foods in the weeks before your period; you can also ask your doctor about trying a daily regimen of vitamin B_6, vitamin E and evening primrose oil supplements. After your period begins, the tenderness typically starts to go away. However, if it continues daily for a few weeks, worsens over time or seems to be in one particular area of your breast, see your doctor.

I get bathroom stage fright when I try to go number two at work. Is it bad to hold it until I get home?

Sorry, but it is. Putting off a trip to the bathroom can lead to a buildup of gas and dry, hard stool, which can cause bloating and cramps. And it may become difficult, even painful, to pass the stool later on. (In other words, you'll get constipated.) Unless you can arrive home quickly, you should move your bowels when you have the urge.

You're not alone in feeling self-conscious about doing your business in public, but remember that most people don't think twice about the smells and sounds others make in the bathroom. (News flash: That's what it's there for!) Take some deep breaths to relax and, if possible, let the faucet run while you go to help you feel less bashful.

If you really can't stop stressing about pooing at the office, I would encourage you to start waking up earlier to have your breakfast and coffee—then sit on the toilet for a bit. That way, you'll be able to get into the routine of going in the privacy of your own home.

WHO KNEW?

46%

OF WOMEN HAVE EXPERIENCED POSTCOITAL DEPRESSION AT LEAST ONCE IN THEIR LIFETIME, PER A NEW STUDY.

SOURCE: *Sexual Medicine*

Can ovarian cysts be cancerous?

Some can be, but the vast majority are not. Ovarian cysts are fluid-filled sacs in or on the ovaries, and they fall into two general categories. The most common type, called functional cysts, occur as a normal part of the menstrual cycle. Every month, your ovaries grow structures called follicles in preparation for releasing an egg. If a follicle doesn't break open and release an egg, a cyst can form. Many women will get this type of cyst each month; they're usually small and harmless, and they typically disappear on their own within two or three menstrual cycles.

You can also develop growths that are unrelated to ovulation. Generally referred to as neoplastic cysts, most are benign. However, in rare cases, one of them may be cancerous. A cyst on the ovary is more likely to indicate cancer if you've already gone through menopause. (In general, the risk of ovarian cancer increases as you age; meanwhile, roughly 8 percent of postmenopausal women develop cysts every year.)

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ILLUSTRATIONS BY AAD GOUDAPPEL

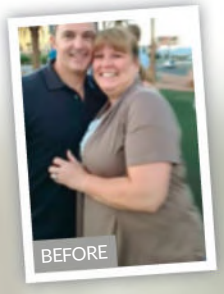
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ΔSource: University of Wisconsin (TreadClimber, 2011) and Adelphi University Study (Stair Climber, 2004). 423 calorie burn based on TC200.



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Symptoms of cysts can be nonspecific, but tell your doctor if you've experienced pressure or pain, or a feeling of fullness after eating only a small amount. Pelvic exams may help detect and monitor cysts, and ultrasounds and a CA-125 blood test can give better clues as to whether a cyst is cancerous. If a mass persists or continues to grow after more than six to eight weeks, has solid parts or walled sections (rather than being strictly fluid-filled) and its own blood flow, surgery may be the next step.

I have friends who say, "Tequila makes me mean." Is it possible that a liquor could make someone angry?

There's really nothing magical about tequila. (It's not hallucinogenic, despite those rumors.) Alcohol in general depresses our inhibitions. Translation: We lose our self-control and say and do things we wouldn't normally when sober. Some people believe that we show our "true selves" when we drink too much, but all this really means is that we lack the ability to rein ourselves in.

Without our inhibitions, some of us become very affectionate or sexual, while others may become sad or a so-called mean drunk. Usually this behavior has nothing to do with the particular liquor; it's instead the bubbling up of emotions that have always existed but were subdued by sobriety. Just my two cents: If someone declares herself a "mean drunk," I'd take her at her word and steer clear.

WHO KNEW?

12.4%

FIRING SOMEONE CAN MAKE A WOMAN'S TESTOSTERONE LEVEL RISE BY THIS MUCH.

SOURCE: *Proceedings of the National Academy of Sciences*

Does going gray earlier mean I'm aging more quickly?

Silvery strands are one of the more conspicuous signs of aging. That said, getting gray hair doesn't necessarily mean that you're closer to the end of your life span than anyone else your age. Gray hair occurs when the hair follicles produce less melanin, the pigment that gives hair its color. It's most common for graying to begin in your 30s, though some women spot a few grays in their 20s. Your graying age is related to your ethnicity (Caucasians tend to go gray earlier than Asians and African-Americans), as well as your family history, so you may want to ask your parents and grandparents when they noticed their first grays.

If you think you're going gray unusually early, there are a number of possible reasons why. Smoking, for one, has been linked to the early onset of gray hair. Environmental factors—like ultraviolet rays and air pollutants—may also be

4 WAYS YOUR SHOES ARE KILLING YOUR BACK

Shoe-related aches and pains take a toll on much more than your tootsies. Over time, foot or ankle problems due to poor footwear can cause lower back pain and even creep up into the neck. How to spot bad-news shoes:



← Stiletto strain can also lead to stress fractures and tendinitis—ouch!

1. THEY'RE TOO HIGH

▶ High heels—shoes with heels taller than 2 inches—cause you to arch your back, which can put a strain on your lumbar spine. Sticking to shoes with 1- to 2-inch heels is a good rule of thumb. Limit the time you spend in sky-high pumps to a few hours (I recommend no more than four); slip into a lower style for longer hauls.

2. THEY'RE TOO FLAT

▶ A low, thick heel or wedge is actually helpful in absorbing shock in the heels that may hurt your back. A Spanish study published last year suggests that shoes that have a rounded, angled bottom (called an "unstable sole") may strengthen trunk muscles and even help with lower back pain.

3. THEY'RE TOO OLD

▶ If your soles are worn away or they make your feet tilt on a flat surface, your shoes have likely reached their expiration date. This includes running kicks; if you can fold or twist a sneaker easily or you've racked up 300 to 500 miles of running or aerobic activity in them, it's time to shop for a fresh pair.

4. THEY'RE TOO OPEN

▶ Save the cheap foam flip-flops for the beach—the design often forces wearers to grip their toes just to keep the shoes on their feet, and research has shown that flimsy flip-flops do in fact alter your gait. The result? The adjustment may lead to muscle stress and extra strain on the ankles, legs and back.

partially to blame. In rare cases, premature graying can be a sign of a medical issue, such as vitiligo (a condition that causes skin to lose its pigmentation), pernicious anemia (in which the body has difficulty absorbing vitamin B_{12}) or problems involving your pituitary or thyroid glands.

Why do some people just smell worse when they're working out?

Gym body odor is annoying—whether the stench is from you or the woman doing Downward Dog next to you in your hot yoga class. Sweat itself is odorless; it's what mixes with it (namely, bacteria) that's responsible for the stink.

Poor personal hygiene plays a big role. If someone hasn't showered in a day or two and has a lot of bacteria on her skin, she's going to smell more. Hormonal changes, diet and medications can also affect someone's bouquet. And there are medical conditions that cause body odor, including diabetes, kidney disease and fungal infections.

If it's your issue, try the obvious fixes, such as showering frequently and applying antiperspirant before exercising. Talk to your doctor if that doesn't do the trick. Got a problem with someone *else's* BO? Keep in mind that she may not be able to help her smell. If it really bothers you, just scoot a few machines down.

I'm considering getting an IUD, but will the insertion be really painful?

Don't worry: The insertion process for the IUD (which stands for intrauterine device) is quick and typically not very painful. While the doctor is inserting the device through your cervical canal into your uterus, you may feel a pinch, poke or deep cramping; the feeling usually goes away within a few minutes. Some women also feel nauseated or dizzy and need to stay lying down in the doctor's office for a short period afterward. Taking an over-the-counter anti-inflammatory one to two hours prior to the insertion can help ease the pain.

If pelvic or abdominal pain or tenderness continues after the procedure, let your doctor know. Sometimes the IUD can move out of place or perforate the uterine wall or cervix. This is super rare, but obviously not something you would want to miss.

Though getting an IUD put in may sound scary, it can be an excellent choice for many women. In fact, a new report from the U.S. Department of Health and Human Services revealed that the percentage of women who choose long-acting reversible contraception, or LARC—which includes IUDs and hormonal implants—has nearly doubled in recent years (though the pill is still the most popular method).

WHO KNEW?

70%

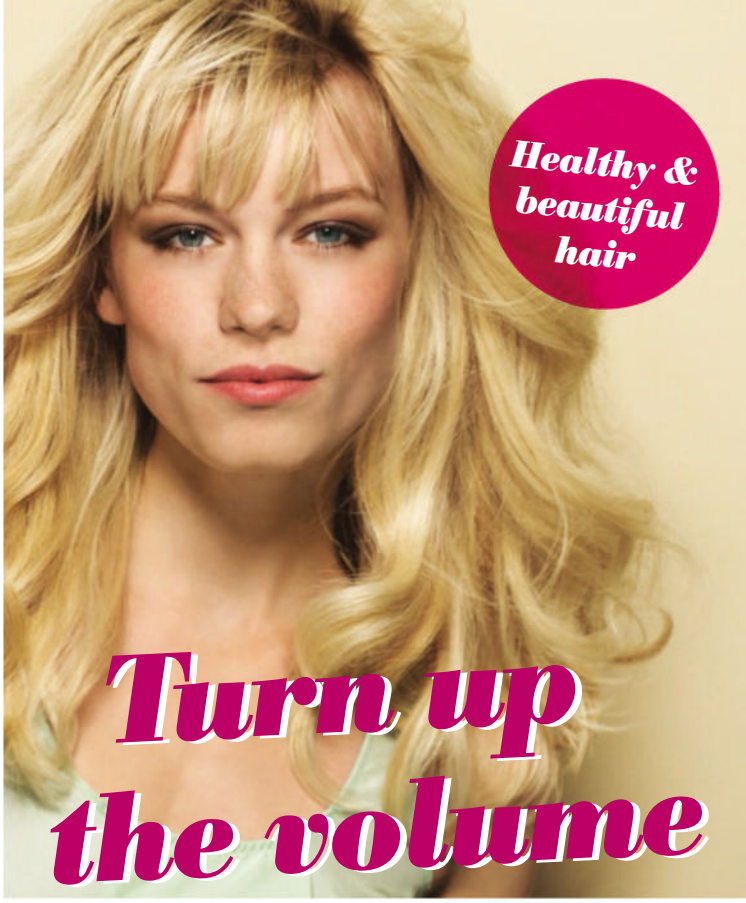
OF WOMEN HAVE SHARED LIP GLOSS OR MASCARA WITH A FRIEND.

SOURCE: Health.com poll

I'm in my 30s and still get charley horses at night. I don't understand it! I'm not a teenager.

Charley horse is a colloquial term for a painful muscle spasm of the quadriceps, leg, foot or calf. We sometimes think of them as part of the "growing pains" many teens go through, but the fact is, you can get one at any age.

This pain can be caused by muscle strain from a workout or even by tottering around in high heels (see 4 Ways Your Shoes Are Killing Your Back, opposite page). You can also get a charley horse from dehydration or low levels of potassium or calcium. Rarely, it can be a sign of a nerve injury, perhaps caused by a herniated disk. If it happens often, have your doctor check your blood for calcium or potassium deficiency and do a full neurologic exam. Otherwise, try eating more foods with potassium, such as sweet potatoes, avocado, spinach or bananas. And be sure to keep your muscles loose with stretching before, during and after every workout. ■



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6 Habits All Healthy Women Share

Discovered: unexpected everyday moves that add on years (in a good way!). See how many you're already doing and what to try next.

By **JENNIFER RAINEY MARQUEZ**



← Look amazing, feel even better.

WHILE WE LOVE A LIVELY DEBATE ABOUT the latest in dietary science or the hot new workout craze, the truth is that great health isn't so complicated. It all comes down to a few simple rules. Besides exercising, eating fruits and veggies and never smoking (you already knew that, right?), here's what the healthiest women do every day.

1 They put themselves first

"Many women don't approach their own needs thoughtfully," says David Katz, MD, president of the American College of Lifestyle Medicine and author of *Disease Proof*. "They just give themselves whatever is left over"—like eating scraps off your kid's plate rather than making your own dinner, or sacrificing sleep to squeeze in an extra work report. But time for yourself should be the last thing to come off your schedule.

2 They're not afraid of fat

We now know that the type of fat you consume is more important than the amount. For one, low-fat diets don't seem to be any more effective than higher-fat diets at helping people lose weight. And when it comes to heart health, replacing saturated fats with refined carbs doesn't do you any favors—but replacing them with *unsaturated* fats can reduce heart disease risk by up to 25 percent, says a recent study from the Harvard T.H. Chan School of Public Health. Aim to get most of your fat from foods rich in mono- and polyunsaturated fats (such as avocados, nuts, seeds and fatty fish), says Marjorie Nolan Cohn, RDN, spokesperson for the Academy of Nutrition and Dietetics.

3 They don't drink their calories

Other than water, the only drinks worth a pour are coffee (mind the cream and sugar) and tea, along with the occasional alcoholic drink (no more than one per day), if you so desire. Even juices should be seen as a treat. That's because juicing removes most of the fruit's healthy fiber while preserving the sugar.

4 They use a shot of sunscreen

As in 1 ounce, enough to fill a shot glass, spread out over every exposed inch of the body. Don't forget places like your ears (the third most common spot for basal cell carcinoma, a type of skin cancer), neck, the back of your hands and—during sandal season—your toes, plus SPF lip balm.

5 They don't fight stress with screens

By the end of a long, harried day, the path of least resistance is often paved with wine, Häagen-Dazs and endless mind-dulling games of Candy Crush. But these types of activities offer only instant gratification—a little hit of dopamine in the brain's reward center. "Do something instead that fosters a genuine positive emotion; that's what induces feelings of calm and safety and puts the brakes on your body's stress response," says sociologist Christine Carter, PhD, senior fellow at UC Berkeley's Greater Good Science Center and author of *The Sweet Spot*. One of the best ways to tap into good vibes: Connect with others in person, not just via Instagram and Facebook likes.

6 They're strict about bedtime

Mix up your meals, your workouts, your social life—but be consistent about when you hit the sack. Going to bed and waking up at the same time every day is essential to making sure you get enough shut-eye—a lack of which can, over time, increase your risk of heart disease, obesity, depression, diabetes and more. Plus, it's hard to feel productive or fend off stress and mood swings when you're yawning through the day. If you struggle with sleep, check out our great-sleep guide on page 81. And set up a relaxing bedtime routine to help you wind down. That includes turning off all electronic devices, notes Carter. Your Pinterest boards will be there in the morning.

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➤ For more little tips that help you feel great at every age, go to **health.com/simple-steps.**

WOMAN, RON CHAPPLE STOCK/GETTY IMAGES

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CAN FIDO CATCH THE FLU FROM YOU?

Surprise: A handful of pets picked up H1N1 influenza (aka swine flu) from their owners in 2009, so it is possible, though unlikely. You and your animal will *both* be healthier if you get your flu shot this winter, says Elizabeth Roberts, DVM, a vet at the San Francisco SPCA.

3 Icky Things You Can Catch from Your Pet

It's true: Furry, feathered and scaly roommates can spread illness to you and your family. Here's how to keep their germs at bay.

By **LAUREN OSTER**

WE CONSIDER OUR PETS TO be part of the family—and, alas, they can be as germy as our human relatives. "With any animal, whether dog, cat, bird or lizard, there are illnesses that can get passed along to humans; we call it 'zoonotic disease,'" says Laurie Hess, DVM, medical director of the Veterinary Center for Birds & Exotics in Bedford Hills, N.Y. Bone up on these common pet-to-person concerns—and the smart habits that will help minimize your risk.

1. Steer clear of salmonella

▶ Reptiles and amphibians often carry salmonella in their digestive systems and feces; in humans, infection can cause diarrhea, fever and vomiting. "Exotic animals can be great pets if they're kept under the right conditions," says Dr. Hess. That means regularly washing and sanitizing their habitats (and washing and sanitizing yourself after you interact with them), as well as keeping them away from areas where food and drink are prepared, consumed or stored. The Centers for Disease Control and Prevention says that children under 5, the elderly and those with weakened immune systems shouldn't touch or handle these creatures.

2. Skip cat scratch disease

▶ The Bartonella henselae bacteria makes its way to humans via kittens and cats that come into contact with infected fleas, then bite or scratch us (hence its more popular name, cat scratch disease). Luckily, the condition—which consists of swelling of the lymph nodes near the scratch site and flulike symptoms (fatigue, fever, headache)—isn't usually serious. (There are an estimated 20,000 cases in the U.S. each year.) To be safe, keep your cats indoors, away from strays, and treat them with flea control regularly, says Sasha Nelson, DVM, a veterinarian at Wild Bird Fund and Animal Care Centers of NYC.

3. Give parasites a pass

▶ Roundworms and hookworms can transfer from dogs and cats to us via feces. The parasites can travel through our intestines or other bodily systems, where they may cause visual, neurologic or other tissue damage, as well as symptoms ranging from digestive distress to coughing, rashes and fatigue. Welcome new pets with a trip to the vet (include a fecal exam), and confine them to an area that's easily cleaned, such as a bathroom, at first. Stay parasite-free by keeping up with your pet's yearly checkups and fecal exams, scooping litter daily, watching out for poop in outdoor areas and covering outdoor sandboxes when not in use.

DOG, WILLEECOLE/GETTY IMAGES



Your Heart

A USER'S MANUAL

It's the most important muscle in your body. Learn how to keep it going strong for the rest of your life.

By **HALLIE LEVINE**

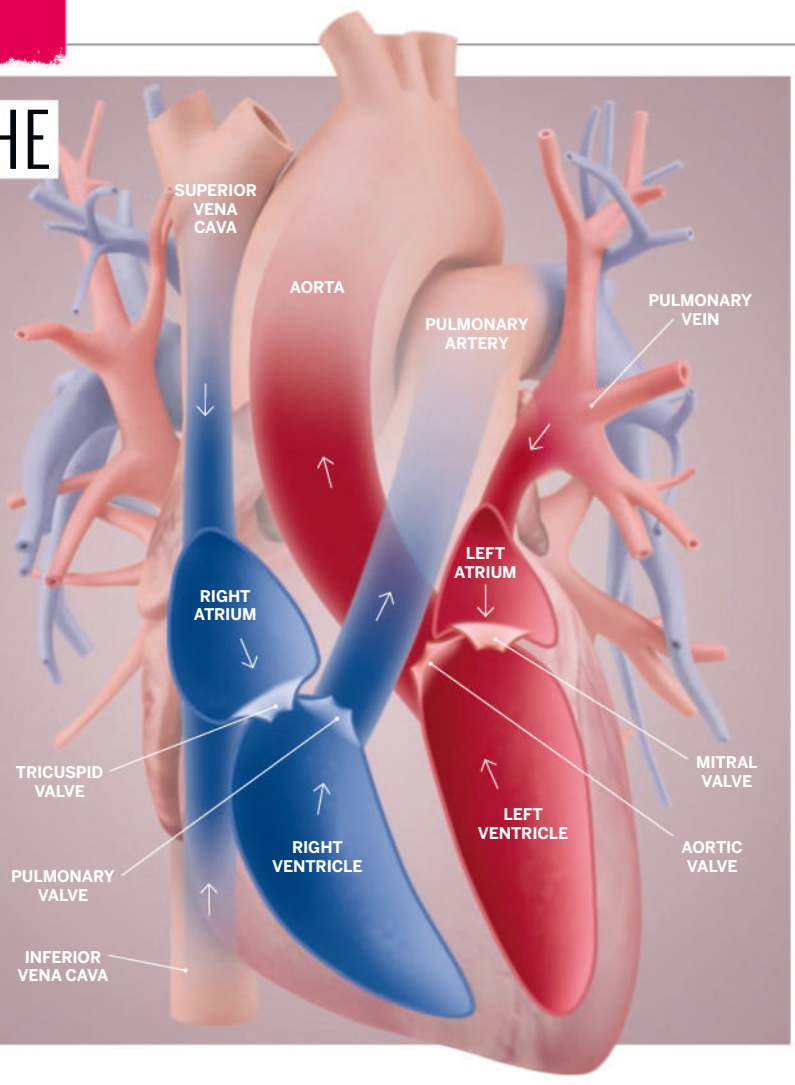
↑ Nearly all of your 37.2 trillion cells rely on every beat.

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HEART: YASU + JUNKO/TRUNK ARCHIVE

HOW THE BLOOD FLOWS

1. The **pulmonary vein** carries oxygen-rich blood from your lungs into the heart's **left atrium.**
2. From there, the blood flows into the **left ventricle,** then gets pumped into the **aorta,** an artery that shuttles the blood to all parts of the body.
3. Oxygen-poor blood returns via the superior and inferior **vena cavae** and flows into the **right atrium.**
4. The blood heads to the **right ventricle,** then gets pumped into the **pulmonary artery** and back into the lungs, where it's oxygenated once again.



FACT No. 1

YOU COULD BE A STROKE RISK AND NOT KNOW IT

More than a third of American women have a systolic blood pressure (the top number) between 120 and 139 mm Hg and a diastolic pressure (the bottom number) between 80 and 89 mm Hg. Technically speaking, those numbers don't qualify as "high," but they still put you at an elevated risk of heart disease and stroke, according to research. If you get a borderline reading like this, don't blow it off. You should be rechecked two or three times over the following month or two, under optimal conditions, says Leslie Cho, MD, director of the Cleveland Clinic's Women's Cardiovascular Center. That means no caffeine or exercise for a half hour beforehand. And try to sit quietly—with your feet on the floor, not dangling from an exam table—for five minutes before you roll up your sleeve.

Results still prehypertensive? Your doc may suggest any of the following lifestyle changes: Lose weight (10 pounds can make a big difference); squeeze in two and a half hours of exercise a week; cut sodium intake to 1,500 milligrams a day; limit yourself to one drink a day; adopt the DASH diet, which is rich in fruits, vegetables, whole grains and low-fat dairy.

30 PERCENT

Optimistic women are this much less likely to die from heart disease than their pessimistic peers.

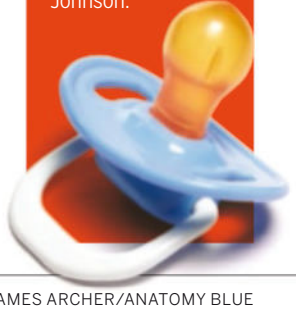
SOURCE: *Circulation*

FACT No. 2

PREGNANCY IS A CRYSTAL BALL FOR HEART HEALTH

"It's the ultimate stress test," says cardiologist Paula A. Johnson, MD, executive director of the Connors Center for Women's Health at Brigham and Women's Hospital in Boston. "Weight gain and hormonal fluctuations put so much pressure on your body that any predilection for heart disease may emerge during this time." Studies show that women who develop the complication preeclampsia, for example, have double the risk of heart attack and stroke later in life. And women who get gestational diabetes have a higher risk of heart disease in midlife.

One way to protect yourself: Get back to a healthy weight post-baby and have your blood pressure, cholesterol and blood sugar levels screened at least once a year. Also, tell your health care providers about any complications you had during past pregnancies. "Most women don't know they're at higher risk, because they're not told, and therefore not followed up on," explains Dr. Johnson.



PACIFIER, PETER DAZELEY/GETTY IMAGES

ILLUSTRATIONS BY JAMES ARCHER/ANATOMY BLUE



FACT No. 3

SNOOZING DOES YOUR TICKER GOOD

Research shows that people who sleep for fewer than six to eight hours a night are twice as likely to have a stroke or heart attack. "When you're sleep-deprived, your dietary habits are not the best," explains Nieca Goldberg, MD, medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center. "Your body also churns out more cortisol, which in turn increases blood pressure." These factors promote inflammation, too, and that can make you more vulnerable to all types of disease. Late night? Don't stress—a quick nap can go a long way. Your blood pressure may drop by about 5 percent after a siesta, per a study of almost 400 middle-aged men and women.

Got High Blood Pressure?

Check out these surprising research-backed tips to bring the numbers down.

HAVE MORE PROBIOTICS
Consuming a regular dose of friendly microbes—through supplements or cultured and fermented foods (such as kimchi and kefir)—may lower systolic pressure by 3.56 mm Hg and diastolic pressure by 2.38 mm Hg on average, according to a 2014 review published in the journal *Hypertension*.

TRY ELECTRO-ACUPUNCTURE
A 2015 study found that people with hypertension who received a weekly treatment—in which superfine needles carry low-level electrical pulses into the body—for six weeks experienced a six- to eight-point drop in systolic pressure and about a four-point drop in diastolic pressure. All you'll feel is a mild tingle. (Promise.)

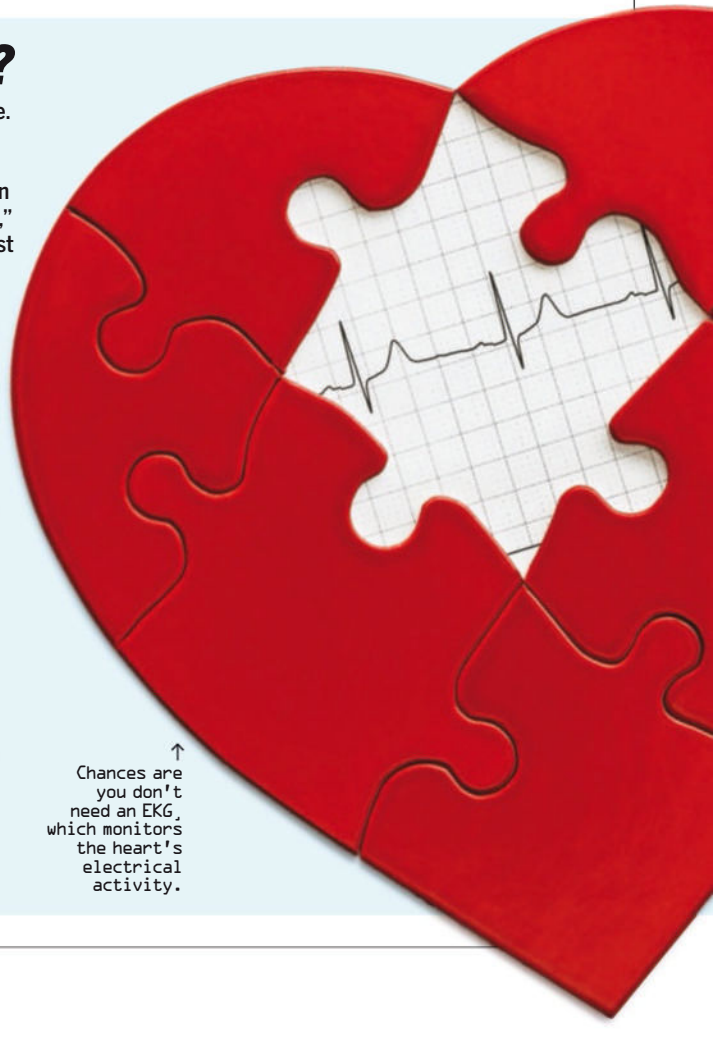
AVOID BPA
Drinking or eating from cans or bottles lined with bisphenol A spikes blood pressure almost immediately, according to a 2014 Korean study. This common chemical mimics estrogen in the body, and researchers suspect that it interacts with cells in the heart and blood vessels that are sensitive to the hormone.

3 OUT OF 4 *The portion of U.S. adults with a heart that's "older" than their chronological age.*
SOURCE: Centers for Disease Control and Prevention

WHICH TESTS DO YOU NEED?

No matter your age, your MD should be screening you for heart disease. But unless you've got obvious symptoms (chest pain, shortness of breath, irregular heartbeats or palpitations), you can skip the echocardiogram, EKG and nuclear imaging tests. "I see many women in their 30s, 40s and 50s who get these tests when they don't need them," says Dr. Cho. "And some involve radiation, which increases risk of breast cancer." Just keep up-to-date on the screenings below.

TEST	FREQUENCY	IDEAL SCORE
Blood pressure	Annually, or more often if you have an elevated risk of heart disease.	< 120/80 mm Hg
Fasting blood glucose test	Annually. But if you're overweight and have at least one other risk factor, your doctor may recommend that you get the test more often.	< 100 mg/dL
Cholesterol (aka fasting lipoprotein profile)	Every five years from age 20—or more often if you have an elevated risk of heart disease—and annually after 35.	< 180 mg/dL total cholesterol



↑ Chances are you don't need an EKG, which monitors the heart's electrical activity.

PILLOW: JONATHAN KANTOR/GETTY IMAGES; PUZZLE HEART: DAVID MUIR/GETTY IMAGES

GROCERY SHOP LIKE A CARDIOLOGIST

For the sake of your circulatory system, you know to stock up on oatmeal, salmon and olive oil. But here are some more surprising items to add to your cart—and three to put back on the shelves—courtesy of Gretchen Wells, MD, director of women's heart health at the University of Kentucky's Gill Heart Institute.

GREAT PICKS



Spinach
"Besides being chock-full of vitamins, minerals, antioxidants and fiber, it's rich in folate, which improves arterial elasticity to lower the risk of heart attack. Best of all, it's easy to prepare. Buy it prewashed, and pop it in the microwave or use it as the base for a salad."



Butternut squash
"Like many other root vegetables, it's high in fiber, which helps lower cholesterol. Plus, this time of year, you can buy it precut at the supermarket. Simply toss it with a little olive oil and roast it in the oven."



Peanut butter
"Many women shy away from it because it has a lot of calories, but the calories come from heart-healthy fats, which is why studies show people who include plenty of nuts in their diet have lower rates of heart disease. A tablespoon with fruit or celery sticks is a great afternoon snack."

BEST TO SKIP



Frozen entrées
"Premade meals are often loaded with sodium. Some pack almost your entire recommended daily amount. Frozen vegetables are usually fine, so buy those instead to throw into omelets and stir-fries."



Packaged snacks
"Most wrapped nibbles are processed and tend to have trans fats or be high in sugar. Many granola bars, for example, contain as much sugar as a candy bar!"



Baked goods
"I avoid the bakery section entirely. Most of the stuff is high in saturated and trans fats. If you must get a baked good, look for ones with polyunsaturated or monounsaturated oils, skim or reduced-fat milk or egg whites."

Yoga for Your Heart

▶ Squeezing in a Vinyasa class may be just as good for your cardiovascular health as walking or biking. A 2014 review of studies found that people who practiced yoga regularly experienced the same drop in BMI, blood pressure, heart rate and total cholesterol as folks who stuck to the other workouts. Researchers credit yoga's muscle-building benefits, as well as the fact that it helps lower stress levels.



WHEN A HEART ATTACK STRIKES
The coronary arteries are the major vessels that feed blood to your heart. When one of them becomes clogged by a buildup of plaque, a section of heart muscle is cut off from the oxygen and nutrients it needs, and the tissue begins to die.

FACT No. 4

DOCS OFTEN MISS HEART ATTACKS IN YOUNGER WOMEN

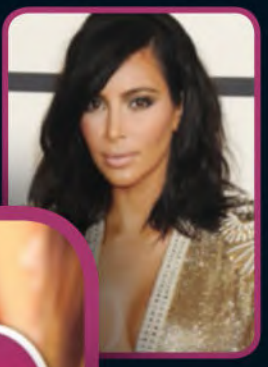
While rates of death from heart disease have dropped over the last four decades, there's one demographic for which the statistics haven't budged: women under 55. "Part of the problem is a lack of awareness," says Kathryn Berlacher, MD, director of the Women's Heart Disease Center in the Heart and Vascular Institute at the University of Pittsburgh Medical Center. Women in general don't always experience the classic symptoms of a heart attack, like chest pain or radiating arm pain. More common symptoms for women—such as dizziness and fatigue—are often dismissed as "feeling under the weather," adds Dr. Berlacher. These misdiagnoses are tragic because the longer a heart attack goes untreated, the more damage it can do.

But this isn't the only reason heart disease tends to be deadlier in younger women: "These patients typically have other risk factors as well, like type 2 diabetes," says Dr. Wells. Bottom line: Be alert for these four other symptoms that can foreshadow a heart attack (if you get one, call 911): shortness of breath; pain in one or both arms, neck, jaw or stomach; upper back pressure; and cold sweat, nausea or lightheadedness.

SPINACH, DNY59/GETTY IMAGES; SQUASH, STUART MINZEY/GETTY IMAGES; PEANUT BUTTER, FLOORTJE/GETTY IMAGES; FROZEN ENTREE, JOE BELANGER/GETTY IMAGES; BAR, KGFOTO/GETTY IMAGES; CUPCAKE, RUTH BLACK/GETTY IMAGES

People love **Hollywood**

















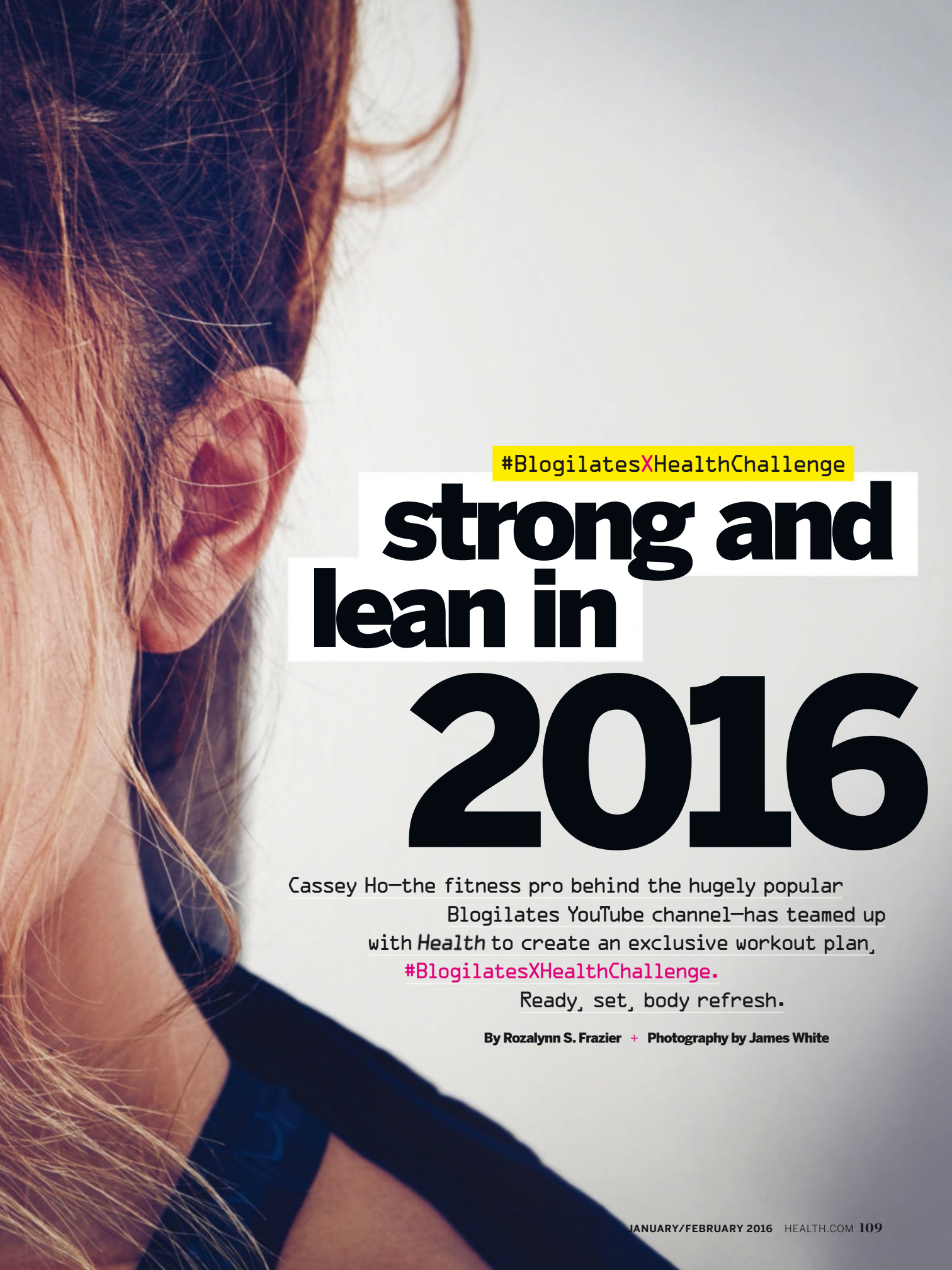
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Ultra Cor sports bra; bandier.com.
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#BlogilatesXHealthChallenge

strong and lean in 2016

Cassey Ho—the fitness pro behind the hugely popular Blogilates YouTube channel—has teamed up with *Health* to create an exclusive workout plan, #BlogilatesXHealthChallenge. Ready, set, body refresh.

By Rozalynn S. Frazier + Photography by James White

Cassey Ho

strolls onto the set of her *Health* cover shoot sporting short-shorts and a cropped T, looking every bit the California girl. "Hello!" she says, flashing a smile. Immediately you want to be her best friend. She's just so darn relatable—which is probably one of the reasons why the POP Pilates creator has more than 2.6 million subscribers to her Blogilates YouTube channel. Her fans even include such famous fitness fanatics as Lolo Jones and Taylor Swift.

But it wasn't easy getting here. At an early age, Cassey struggled with her father's expectations (more on that later). Today, the 28-year-old is a power brand, helping women reach their fitness goals while spreading a body-positive message. Her workouts—fun mat Pilates choreographed to Top 40 music—are taught offline, too, in 24 Hour Fitness gyms.

Here, Cassey shares how she has stayed strong all these years. Better yet, she shows you seven moves from our 30-Day Total Body Challenge. Try them, then visit health.com each day for exclusive fitness videos and tips that will help you get a killer body and have fun doing it.

What is the first piece of get-healthy advice you would give us?
Find a workout you love. A lot of times people are like, "CrossFit is in, so I am going to do CrossFit," but it's not right for everyone. Neither is yoga or Pilates. When you wake up and you cannot wait to get going, *that* is the workout for you. You'll stick to it, it won't feel like a chore, and then everything else will fall into place. You'll start losing weight and you'll feel less stressed—less stress will mean less cortisol, and you know, for women, stress leads you to hold extra fat in your lower belly.

You make it sound so easy.
You just have to get on track. You don't have to feel good while you are doing it. Once you get through a workout, you should feel exhausted, but also strong. Build on that the next day!

What do you love most about exercise?
Working out makes me feel so victorious and like I can do anything. I love that it's not dependent on anything but you and how far you want to go.

You've built a pretty impressive brand. What's your secret?
I always tell people to just get started. That's what I did. I was working a job in a toxic environment and I wasn't happy, so I quit. The only plan I had was to believe in myself. A lot of people stay stuck, but you are the CEO of your own life, and you can make it what you want it to be. Seriously, just get your message out there. Everyone has a smartphone, and there are so many avenues—Instagram, Snapchat, YouTube.

What mind-set will help us succeed with our New Year's goals?
Even though you are on a weight-loss journey, you have to realize that you may not be happy when you get there, so you need to love your body and every step along the way. This is not about vanity; it's about finding the joy in working out and making it your lifestyle.

Did you always know you wanted a career in fitness?
My dad wanted me to be a doctor, but I had no passion for that. I wanted a different career, but he told me that I would fail. I was 16! He said I was dishonoring the family. We stopped talking for a few years. It was crazy stuff that could break a person, and it almost broke me. But I knew that I had to live for myself. Now my dad brags about me, and both my parents are very happy for me.

Do you ever feel pressure to stay camera-ready?
Absolutely. I feel the pressure to look a certain way every single day. And I get it—I am a fitness instructor. But there are some people who think that because I don't have six-pack abs, I am not a great instructor. That has nothing to do with my 10 years of experience of teaching. It has nothing to do with all of the lives I've changed.

What do you love most about your body?
My legs—they are very strong. I can leg-press 270 pounds! Also, I love where my legs take me, metaphorically and realistically.

What gives you the most confidence?
Being sure of myself and continually working toward getting better and stronger—that makes me feel beautiful from the inside out.

With social media, is it hard not to compare yourself with others?
You should only compare yourself with who you were yesterday and try to be stronger than that. If you are trying to be someone else, you have already lost yourself. Plus, on Instagram, people post the perfect portfolio of their life; it's not real. I don't post myself crying or stuffing my face with burritos.

What are you eating when we aren't looking? What's your cheat meal?
Instead of "cheat," which has a negative connotation, I say "YOLO."

As in "You only live once"?
Yes! I recommend one YOLO meal a week. Sometimes you just need to feed your soul! So there is this one place, and it has these fried French toast sticks with a scoop of vanilla ice cream on top and strawberry. But to be honest, as much as I love YOLO meals, I go into a food coma and just get sleepy because of all the sugar. I've found that the more you eat clean, the more your body wants to stay on that path.

What is your biggest fear?
Losing all motivation. I really believe that is the beginning point of everything; that is the thing that makes you get up in the morning. Once you lose it, you lose confidence. You kind of lose everything.



Solow top; solowstyle.com. Suki Shufu bandeau and leggings; sukishufu.com.

#BlogilatesXHealthChallenge

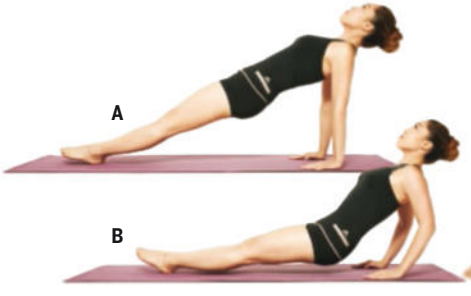
total body blast

No equipment? No excuses. Cassey Ho developed this kick-butt workout—part of our #BlogilatesXHealthChallenge—that you can do anytime, anywhere. The best part: You'll hit every muscle group—arms, abs, butt and legs. Cycle through it in any order three times three times a week for a slim, strong figure and better posture, too.



Plié Squats

Stand with feet in a wide stance, toes turned out diagonally and hands straight out in front of you. Come onto balls of feet (**A**), then lower into a squat, keeping core tight, pelvis tucked and back straight (**B**). Return to "A." Do 15 to 20 reps.



Reverse Plank Triceps Dip

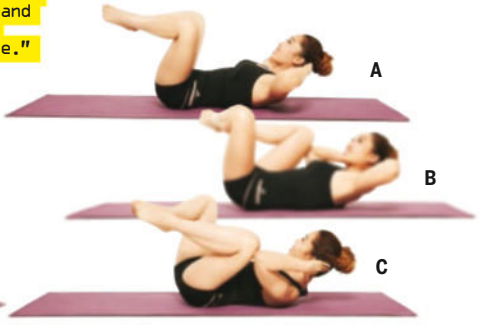
Start seated with legs straight and hands on the floor, palms down and fingers forward. Lift hips so body forms a straight line from head to heels (**A**). Bend elbows back as you lower toward the floor (**B**). Straighten arms to return to "A." Do 10 to 12 reps.



"This is one of my favorite exercises! It's a great oblique and general core move."

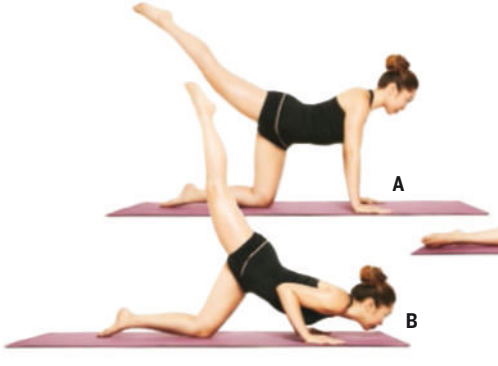
Windmill

Lie faceup with arms out to sides (palms down) and legs straight up (**A**). Press shoulder blades into the floor, tighten core and slowly lower legs down to the left as far as possible (**B**). Reverse motion to return to "A"; repeat on the right. This is 1 rep. Do 5 reps.



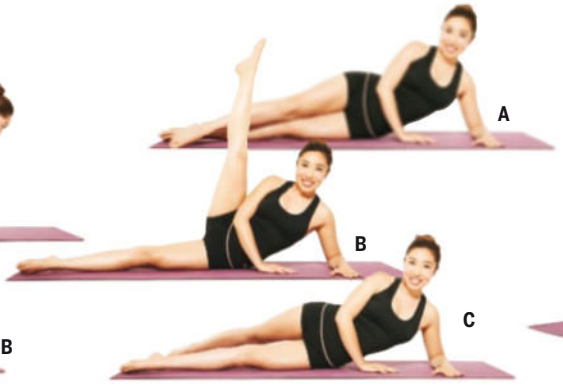
The Wiggle

Lie faceup with hands lightly on back of head and legs bent at a 90-degree angle. Bring toes together (knees apart) and lift shoulders off the floor (**A**). Crunch to the side, bringing right knee to right elbow (**B**). Repeat on opposite side (**C**). Do 12 reps on each side.



Oil Riggers

Start on all fours with hands directly under shoulders and core engaged. Lift right leg up and back (**A**). Lower chest to the floor, keeping elbows at sides; bring chin past fingertips as you lift leg up even higher (**B**). Push chest back up to return to "A." Do 8 to 10 reps, then switch sides.



Hot Potato

Start on your left side with legs stacked and left forearm on the floor to prop torso up. Tap top foot twice on the floor a few inches in front of you (**A**), lift leg as high as you can (**B**), then tap foot twice a few inches behind you (**C**). This is 1 rep. Do 12 reps, then flip onto opposite side and repeat.



Fire Hydrant + Heel Up

Start on all fours with hands directly under shoulders. From hip, lift right leg so inner thigh is parallel with the floor (**A**). Lower leg, then immediately lift it at a 90-degree angle behind you (**B**). Lower back to start. Do 12 reps, then repeat on opposite side.

BONUS VIDEO To shape up with Cassey, scan the top photo, or go to health.com/total-body-challenge. Follow along on social media using #BlogilatesXHealthChallenge.



"You should only compare yourself with who you were yesterday and try to be stronger than that."

This page: Stella McCartney jacket; adidas.com. Alo bra; aloyoga.com. Koral leggings; koral.com. Opposite page: Stella McCartney tank; adidas.com. Heroine Sport shorts; heroinesport.com.

Cassey's Food Diary

Breakfast

"I love Paleo banana pancakes. All you need is two eggs and one ripe banana; mash them together until they form a batter, and then pour it into a skillet. And it's already sweet, so you don't need the syrup."

Lunch

"Some type of salad, such as spinach with salmon, cranberries, nuts and raw onions with a little raspberry vinaigrette, or a chicken fiesta salad with corn, salsa, avocado and baby greens."

Afternoon pick-me-up

"A power smoothie is the best thing ever. I use orange juice, almond milk, strawberries and bananas. You can add spinach, too. It's also a great way to refuel post-workout."

Dinner

"Brussels sprouts and salmon. Or I buy rice paper and fill the sheets with boiled chicken and lettuce, and then roll, roll, roll. I'll dip them in a homemade sauce made with hoisin, sriracha and tons of lemon juice. It is such a great healthy, make-it-at-the-table meal."

SCAN TO SHOP!
SCAN THIS PHOTO TO BUY THE ITEMS IN THIS STORY (SEE PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.

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Makeup by
MAI QUYNH USING LANCÔME AT STARWORKS ARTISTS

Manicure by
JENNA HIPP USING JENNA HIPP AT NAILING HOLLYWOOD

COMFORT SALADS

Recipes developed by Lori Powell

Photography by Romulo Yanes

WHO DOESN'T LOVE GREENS YEAR-ROUND? TRY ONE OF THESE EXTRA-DELICIOUS MEALS IN A BOWL.



Brussels Sprout and Sweet Potato Salad (recipe on page 118)


A CITRUS TWIST
INSTEAD OF TWO ORANGES, USE ONE PLUS A SMALL PINK GRAPEFRUIT OR BLOOD ORANGE FOR EVEN MORE FLAVOR AND COLOR VARIETY.
ADD SOME CRUNCH
FOR TASTY TEXTURE, TOP WITH A TABLESPOON OF ROASTED, SALTED SUNFLOWER SEEDS—OR INDULGE WITH A COUPLE OF CRUMBLED SLICES OF COOKED UNCURED BACON.
Roasted Fennel and Beet Salad (recipe on page 118)


Roasted Curried Cauliflower-Quinoa Salad (recipe on page 118)
SAVE THE STALKS
DON'T TOSS THE FIBER-RICH CAULIFLOWER STEM. PEEL, CHOP AND THROW INTO A STIR-FRY.



BEEF UP
WE LIKE 100 PERCENT GRASS-FED BEEF. IT'S RICHER IN OMEGA-3S AND CONJUGATED LINOLEIC ACID (A TYPE OF FAT THAT MAY REDUCE THE RISK OF HEART DISEASE AND CANCER) THAN CONVENTIONALLY RAISED MEAT.

EXTRA, EXTRA
ROAST ANOTHER HEAD OF GARLIC WHILE YOU'RE AT IT. SPREAD ON CRACKERS, PUREE INTO SOUP OR MASH WITH POTATOES OR SQUASH. COVERED, IT WILL KEEP IN THE FRIDGE FOR ABOUT 10 DAYS.

(pictured on page 114)

Brussels Sprout and Sweet Potato Salad

Prep: 25 minutes
Cook: 25 minutes
Serves: 4

- 1½ lb. Brussels sprouts, trimmed and thinly sliced (about 9 cups)
- 2 medium sweet potatoes (about 1 lb. total), peeled and cut into ½-inch cubes (about 2¾ cups)
- 1 medium onion, sliced (about 2¼ cups)
- ¼ cup extra-virgin olive oil, plus more for baking sheets
- ½ tsp. crushed red pepper flakes
- Salt
- 2 Tbsp. cider vinegar
- 2 tsp. Dijon mustard
- 1 tsp. honey

1 Preheat oven to 450°F. Line 2 large baking sheets with foil and brush lightly with oil. Toss Brussels sprouts, sweet potatoes and onion with 2 Tbsp. oil, red pepper flakes and salt. Arrange in a single layer on baking sheets. Roast in upper and lower thirds of oven, stirring occasionally, until golden brown and tender, 20 to 25 minutes.

2 In a large bowl, whisk together vinegar, mustard, honey and remaining 2 Tbsp. oil. Add vegetables, toss to coat and serve.

PER SERVING: *324 Calories, 15g Fat (2g Sat.), 0mg Chol., 11g Fiber, 8g Pro., 44g Carb., 448mg Sod., 3mg Iron, 121mg Calcium*

(pictured on page 115)

Roasted Fennel and Beet Salad

Prep: 20 minutes
Cook: 30 minutes
Serves: 4

- 2 whole fennel bulbs (about 1¾ lb. total), tops removed
- 1 Tbsp. extra-virgin olive oil
- Salt and freshly ground black pepper
- 2 medium oranges
- ½ cup plain Greek yogurt (not nonfat)
- 1 Tbsp. plus 1 tsp. tahini
- 1 Tbsp. fresh lemon juice
- ¼ tsp. cumin
- 1 small clove garlic, minced
- 1 cup sliced radicchio
- 1 8.8-oz. package precooked beets (about 4 small), cut into wedges
- ¼ cup walnut halves, toasted

1 Place a rack in center of oven and preheat to 450°F. Line a large baking sheet with foil. Slice fennel bulbs in half lengthwise, through root end. Thinly slice 1 half crosswise and transfer to a large bowl. Quarter remaining 3 halves lengthwise, making 12 wedges. On baking sheet, toss wedges with oil and ¼ tsp. each salt and pepper. Arrange in a single layer and roast, turning once, until golden brown on both sides and tender, 25 to 30 minutes.

2 Slice tops and bottoms from oranges and remove peel and pith with a small paring knife, cutting from top to bottom all around orange. Working over bowl with fennel slices, cut segments from oranges, slicing between membranes and letting segments drop into bowl. Squeeze juice from membranes into bowl; discard membranes and seeds.

3 In a small bowl, whisk together yogurt, tahini, 1 tsp. lemon juice, cumin, garlic and ¼ tsp. each salt and pepper.

4 Add radicchio, roasted fennel and remaining 2 tsp. lemon juice to bowl with fennel slices and orange segments; toss gently. Spoon half of yogurt mixture onto 4 plates. Divide salad evenly among plates and top with beets and walnuts. Serve remaining yogurt mixture on the side.

PER SERVING: *275 Calories, 15g Fat (4g Sat.), 5mg Chol., 10g Fiber, 8g Pro., 34g Carb., 310mg Sod., 3mg Iron, 182mg Calcium*

(pictured on page 116)

Roasted Curried Cauliflower-Quinoa Salad

Prep: 20 minutes
Cook: 40 minutes
Serves: 4

- 1 head cauliflower (about 1¾ lb.), cut into 1-inch florets (about 6 cups)
- 2½ cups red seedless grapes
- 1 Tbsp. plus 2 tsp. extra-virgin olive oil
- Salt and freshly ground black pepper
- ½ cup quinoa
- ½ cup plain Greek yogurt (not nonfat)
- ½ tsp. curry powder
- ¼ tsp. cumin
- 2 tsp. fresh lime juice
- ¼ cup chopped cilantro
- ¼ cup chopped roasted, unsalted cashews
- 2 cups shredded rotisserie chicken, optional

1 Place a rack in center of oven and preheat to 450°F. Line a large baking sheet with foil. Toss cauliflower and 2 cups grapes with 1 Tbsp. oil and arrange in a single layer on baking sheet. Roast, stirring occasionally, until grapes are slightly wilted and cauliflower is golden brown and tender, about 25 minutes.

2 Stir ½ tsp. salt into a small pan with 1 cup water; bring to a boil over medium-high heat. Stir in quinoa and reduce heat to a simmer. Cover and cook until all liquid is absorbed and quinoa is tender, about 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Transfer to a medium bowl.

3 Halve remaining ½ cup grapes and pulse in a food processor with yogurt, curry, cumin, lime juice, remaining 2 tsp. oil, ¼ tsp. salt and ½ tsp. pepper until mixture is slightly chunky.

4 Toss quinoa with 3 Tbsp. dressing and cilantro. Divide among 4 plates and top with roasted cauliflower, cashews and chicken, if desired. Drizzle with remaining dressing, season with additional salt and pepper, if desired, and serve.

PER SERVING: *325 Calories, 15g Fat (4g Sat.), 5mg Chol., 6g Fiber, 10g Pro., 43g Carb., 206mg Sod., 3mg Iron, 87mg Calcium*

(pictured on page 117)

Steak Salad with Eggplant, Peppers and Onion

Prep: 20 minutes
Cook: 28 minutes
Serves: 4

- 3 Tbsp. extra-virgin olive oil, plus more for baking sheets
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. chopped fresh rosemary
- 1 small clove garlic, minced
- Salt and freshly ground black pepper
- 8 oz. skirt steak
- 2 medium eggplants (about 1 lb. total), cut into ¼-inch-thick rounds (about 5 cups)
- 2 red bell peppers (about 1 lb. total), quartered and seeded
- 1 medium red onion, cut into ¼-inch-thick slices (about 2 cups)
- ½ cup ricotta
- 2 Tbsp. finely grated Parmesan
- 2 Tbsp. chopped fresh basil

1 Preheat broiler; place a rack close to heat source. Line 2 large baking sheets with foil and brush lightly with oil. In a large ziplock bag, mix together 1 Tbsp. balsamic vinegar, 1 tsp. rosemary, garlic and ½ tsp. each salt and pepper. Add steak; seal bag and rub marinade into steak. Let stand at room temperature for 15 minutes.

2 Arrange eggplants, peppers and onion in a single layer on baking sheets; brush tops with 2½ Tbsp. oil. Sprinkle with remaining 2 tsp. rosemary and ½ tsp. each salt and pepper. Broil in batches, turning once, until tender and golden brown on both sides, about 10 minutes per sheet.

3 In a medium nonstick skillet, warm remaining ½ Tbsp. oil over medium heat. Remove steak from ziplock bag; discard marinade and cook steak, turning, 6 to 8 minutes total (depending on thickness) for medium-rare. Transfer to a cutting board and let rest for 5 minutes before slicing.

4 Stir together cheeses and divide among 4 plates, spreading in center. Top each with roasted vegetables and sliced steak. Drizzle with remaining 1 Tbsp. balsamic vinegar. Sprinkle with basil, season with pepper and serve.

PER SERVING: *335 Calories, 21g Fat (6g Sat.), 55mg Chol., 7g Fiber, 19g Pro., 19g Carb., 258mg Sod., 2mg Iron, 129mg Calcium*

(pictured on page 117)

Tuna and White Bean Salad

Prep: 15 minutes
Cook: 30 minutes
Serves: 4

- 1 head garlic
- ¼ cup extra-virgin olive oil
- 2 Tbsp. finely grated Parmesan
- 1½ Tbsp. fresh lemon juice
- 4 anchovies packed in oil, patted dry
- Freshly ground black pepper
- 1 15.5-oz. can cannellini beans, rinsed and drained
- 5 cups chopped romaine
- 5 sun-dried tomato halves, chopped (about 2 Tbsp.)
- 2 Tbsp. chopped fresh flat-leaf parsley
- 1 5-oz. can tuna packed in olive oil, drained and flaked

1 Place a rack in center of oven and preheat to 400°F. Cut garlic head in half horizontally and wrap each half in foil. Place on a rimmed baking sheet and roast until very soft, about 30 minutes. Carefully unwrap and squeeze out cloves into a blender or small food processor. Add oil, Parmesan, lemon juice, anchovies and ½ tsp. pepper. Blend until smooth.

2 Toss beans with romaine, 3 Tbsp. roasted garlic dressing, sun-dried tomatoes, parsley and ½ tsp. pepper. Divide among 4 plates and top with tuna. Drizzle with remaining dressing, sprinkle with additional pepper and serve.

PER SERVING: *314 Calories, 19g Fat (3g Sat.), 17mg Chol., 6g Fiber, 18g Pro., 19g Carb., 367mg Sod., 3mg Iron, 107mg Calcium*

Food styling by
Liza Jernow

Prop styling by
Megan Hedgpeth

Huevos Rancheros Salad

Prep: 15 minutes
Cook: 4 minutes
Serves: 4

- **1 15.5-oz. can no-salt-added black beans, rinsed and drained**
- **3 Tbsp. coarsely chopped cilantro**
- **2½ Tbsp. fresh lime juice**
- **1 Tbsp. chopped canned chipotle in adobo**
- **½ tsp. cumin**
- **1 small clove garlic, minced**
- **Salt**
- **1 firm ripe avocado**
- **1 Tbsp. extra-virgin olive oil**
- **4 large eggs**
- **1 cup baby arugula**
- **½ cup salsa or salsa verde**
- **1 oz. corn tortilla chips**

1 In a bowl, coarsely mash beans with cilantro, 1½ Tbsp. lime juice, chipotle, cumin, garlic and ¼ tsp. salt.

2 Halve, pit and peel avocado. Slice and gently toss with 1 Tbsp. lime juice and a pinch of salt.

3 In a medium nonstick skillet, warm oil over medium-low heat. Break in eggs and cook until whites are set and yolks are still runny, 3½ to 4 minutes.

4 Divide bean mixture among 4 plates. Top with arugula, avocado, salsa, corn chips and eggs and serve.

PER SERVING: *308 calories, 17g Fat (3g Sat.), 186mg Chol., 9g Fiber, 13g Pro., 27g Carb., 534mg Sod., 3mg Iron, 104mg Calcium*

IS THAT AVOCADO RIPE?
PRESS GENTLY WITH YOUR THUMB NEAR THE STEM END; IT SHOULD JUST BARELY GIVE TO LIGHT PRESSURE.





MAKE IT A DOUBLE

ADD A STREAK OF COLORED LINER FOR EYES THAT REALLY POP.

SHAKE UP YOUR MAKEUP

PRETTY? PLEASE! TRY JUST ONE OF THESE SIMPLE, ON-TREND UPDATES AND YOU'LL ROCK A GORGEOUS NEW LOOK.

BY CHELSEA BURNS



PINK IT UP

THE FRESH NEW WAY TO WEAR BLUSH: GO BOLD.



LOOK STARRY-EYED

BENCH YOUR NEUTRALS;
SEXY BRONZE SHADOW FOR THE WIN!



LASH OUT

FORGET SUBTLE DEFINITION–
THE THICKER, THE BETTER.

PREVIOUS SPREAD: EYELINER, ANTONIO TERRON/FOLIO-ID.COM; BLUSH, RANKIN/TRUNK ARCHIVE. THIS SPREAD: EYE SHADOW, LAURENT DARMON/TRUNK ARCHIVE; LASHES, MARTIN BAUENDAHL/FOLIO-ID.COM

GET THE LOOK



IF YOU ALWAYS WEAR
BLACK EYELINER
TRY
AN EXTRA SWIPE OF COLOR
Black defines; blue brightens. Get the best of both hues: "A second swipe of color brings the focus to eyes without shadow," notes New York City celebrity makeup artist Troy Surratt. Trace your upper lash line with black liquid liner from inner to outer corners, then top with a stroke of deep blue liquid liner. Finish with pink cheeks and a rosy lip stain.
YOUR NEW GO-TO
(**1**) Make Up For Ever Aqua Liner in #6 Iridescent Navy Blue, $21; makeupforever.com.

IF YOU ALWAYS WEAR
NATURAL BLUSH
TRY
A BRIGHT PINK
Think barely-there blush is the only kind that works for you? Nope. "Electric pink wakes up every skin tone," says New York City celebrity makeup artist Tomy Rivero. Sweep a fuchsia shade up cheekbones, then dab a creamy highlighter on the apples; blend for a glowy sheen. Add mascara and lip gloss—that's it.
YOUR NEW GO-TOS
(**2**) Urban Decay Afterglow Blush in Quickie, $26; sephora.com. (**3**) Becca Shimmering Skin Perfector Travel Pen, $25; sephora.com.

IF YOU ALWAYS WEAR
EARTHY SHADOWS
TRY
SHIMMERY BRONZE
Matte, taupey eyeshadow: not always your friend. "It tends to look flat and can make the eyes recede," cautions Rivero. Instead, use a bronze with a bit of glimmer. If your skin is light or medium, grab one with silver flecks. Have an olive or dark complexion? Look for a bronze that skews golden. Smudge just above lashes for day and all over lids for a night out. Wear with bronzer, mascara and tinted lip balm.
YOUR NEW GO-TOS
Estée Lauder Magic Smoky Powder Shadow Sticks in (**4**) Slow Burn and (**5**) Scorched Gold, $22; esteelauder.com.

IF YOU ALWAYS WEAR
LOW-KEY MASCARA
TRY
THE LAY-IT-ON-THICK LOOK
Clumpy mascara is no longer the enemy. "Dark, chunky lashes spotlight the whites of your eyes, making them seem bigger," says Stiles. The trick: Apply three coats of mascara from root to tip, then hold the brush vertically and swipe through lashes from side to side until they get that spidery effect. Fill in the lash line with black liner; add a hint of blush and a natural pink lip.
YOUR NEW GO-TOS
(**6**) Maybelline New York Colossal Chaotic Mascara, $8; at mass retailers. (**7**) Ciate Chisel Liner, $19; sephora.com.

IF YOU ALWAYS WEAR
BERRY LIPSTICK
TRY
GLOSSY MOCHA
That '90s brown lip is back—and way better, thanks to a metallic finish. First fill in lips with a nude lip pencil to help color stay put. Using a lip brush for precision, layer on a deep brick lipstick and finish with a slick of gold-tinted gloss."This creates the illusion of fuller lips," says Rivero. Keep the rest of your face naked for max mouth impact, then walk out the door with newfound makeup mojo.
YOUR NEW GO-TOS
(**8**) Elizabeth Arden Lipstick in Chocolate, $25; elizabetharden.com. (**9**) Rituals Sparkling Lipgloss in Golden Brown, $17; rituals.com. ■

SCAN TO SHOP!
SCAN THE PHOTO TO BUY THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.

LIPS, SUNE CZAJKOWSKI/BLAUBLUT-EDITION.COM

STILL PHOTOGRAPHY BY WILL STYER

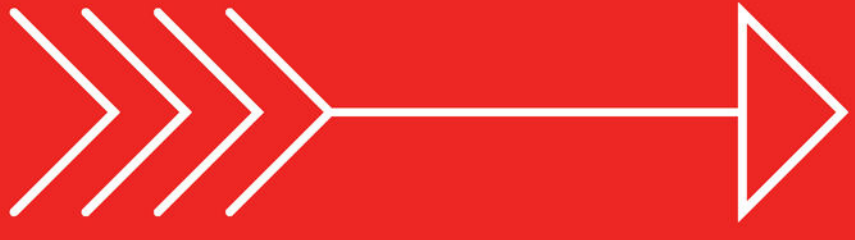


ENJOY A CHOCOLATE KISS

COCOA-COLORED LIPS WITH A TOUCH OF METALLIC GLOSS: SURPRISINGLY FLATTERING.

The (Real!) Secret to Happiness

IT'S NOT MONEY—OR EVEN LESS STRESS OR MORE TIME. RESEARCH SHOWS THAT A LITTLE COMPASSION CAN GO A LONG WAY TOWARD MAKING YOU FEEL BETTER ABOUT YOURSELF AND THE WORLD AROUND YOU. HERE'S HOW TO UNLEASH THE POWER OF KINDNESS.



By Camille Noe Pagán



You're

close to finishing a huge project when a colleague who's working on the last bit of info confesses that she's swamped and hasn't had a chance to get to it. Sure, you could snap at her or make a passive-aggressive comment. Or you could show some compassion and offer to help her out, improving her day and your own in the process.

No doubt you've heard about the perks of optimism and gratitude. Think of compassion—the feeling of concern and/or sympathy for another's misfortune—as their equally talented but less hyped sister. "It's the key to happiness and well-being," says Thupten Jinpa, PhD, a former Buddhist monk who helped develop a landmark course in compassion training at Stanford School of Medicine. Indeed, a growing body of research shows that compassion reduces anxiety, depression and stress and may also boost immunity—along with longevity.

We're born with the instinct to be nice: Even babies and toddlers have the capacity for kindness. One study in the journal *Plos One* found that kids under the age of 2 were happier when they gave treats to another person than when they received treats themselves. "Helping others makes you feel better about yourself and the world around you," says Stefanie Ziev, a life coach in New York City, who encourages her clients to spread goodwill.

Compassion actually gives you a veritable high. Donating money to help others lights up the brain's pleasure centers—which are typically activated by things like food and sex—according to a study in the journal *Proceedings of the National Academy of Sciences*. Some experts believe that there's an evolutionary explanation; by lending a hand, we up the odds that our species will survive, so our bodies prime us for the behavior by making helping feel good. Yet more payoff: People who assist others report being less strapped for time afterward, discovered experts at the University of Pennsylvania's Wharton School of Business. The researchers speculate that helping out makes people feel more effective, which may in turn cause them to feel less rushed and stressed.

Simply witnessing an act of compassion triggers feelings of awe, admiration, warmth and love, per a study in the *Journal of Positive Psychology* (which may be why you compulsively click on stories about people who donate a kidney to a stranger). At the same time, it increases your desire to be more charitable yourself. Compassion also curbs the natural (and anxiety-provoking) tendency to navel-gaze. "When you're responding to someone else's needs, your focus is off yourself," explains Jinpa, author of *A Fearless Heart*. That can quiet self-critical thought patterns ("Am I good enough to my husband?" "Do I look old for my age?"), helping you function and feel better overall.

THE COMPASSION CURE

If compassion is so darn satisfying, why don't we all practice it more often? Blame your stress level, for one. Pressing emotions like worry and doubt can crowd



3 WAYS TO SHOW YOURSELF THE LOVE

Don't forget to be nice to *you*. "About 80 percent of people are more compassionate to others than they are to themselves," says Kristin Neff, PhD, associate professor of human development and culture at the University of Texas at Austin, who's considered to be the pioneer of research on self-compassion. "There's a misconception that self-compassion is selfish, but just the opposite is true. Being kind to yourself puts you in a happier, more pleasant mind-set, and that allows you to have better relationships with others."

1. CHECK THAT DOWNER VOICE IN YOUR HEAD

Instead of the punitive "OMG, I'm late again because my life is such a mess!," try "I deserve props for getting my family out the door every morning." Notes Neff, "I tell my students to talk to themselves the way they would talk to a friend."

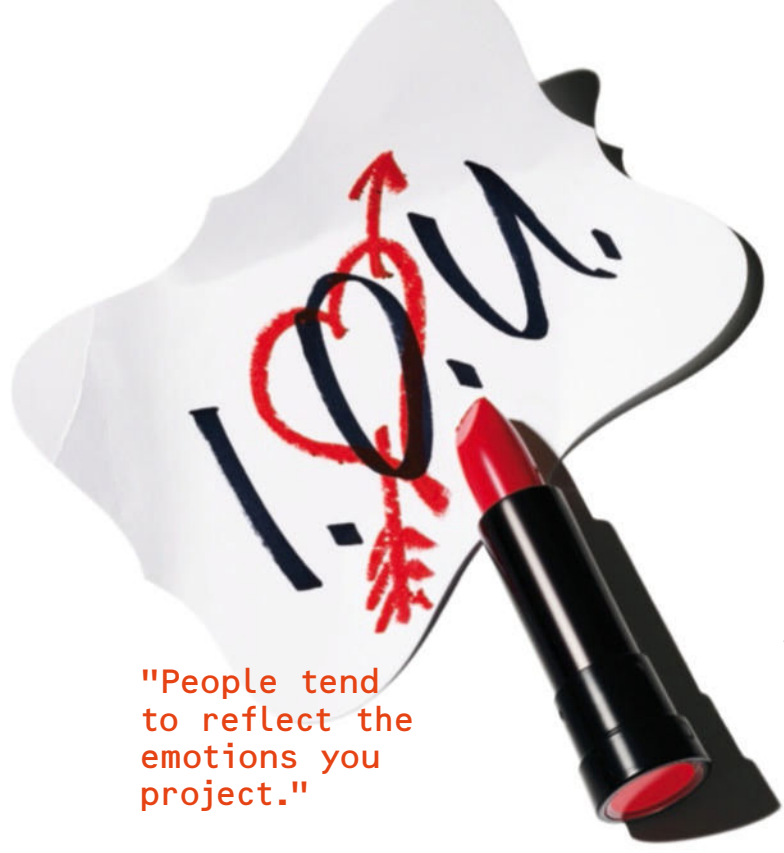
2. ADMIT WHEN THINGS STINK

"Say you're trying to lose weight and can't, but a good friend is having no trouble shedding pounds," says Jean Fain, author of *The Self-Compassion Diet*. "Rather than sugarcoating the situation, acknowledge that it's painful, it's part of life, and it will pass. Being honest about your feelings invites you to be kinder to yourself."

3. PUT YOUR HAND ON YOUR HEART

No, really. "People respond deeply to touch, even from themselves," says Neff. "This can send a soothing message from your body to your mind and put you in a compassionate state."

PREVIOUS SPREAD: WOMAN, ANTONIO TERRON/TRUNK ARCHIVE



"People tend to reflect the emotions you project."

out compassion. "With life being as hectic and full as it is, it's all too easy to fall into the mind-set that you don't have time to go out of your way for anyone else," says Ziev. "Yet compassion isn't necessarily something big or dramatic, the way people often assume. In many cases, it's little actions or thoughts." It can be as simple as saying "I've been there" to a frazzled mom whose kid is having a meltdown in the checkout line.

Fear can also put a damper on compassion. Logically, you know that misfortune isn't contagious, but it's normal to harbor subconscious superstitions that another person's sadness will infect your outlook. Say a neighbor wants to come over to vent about her divorce; you may worry, deep down, that her failed marriage will reveal cracks in your own. Or that if you're too indulgent, she'll take advantage of your empathy, and before you know it you'll be picking up her dry cleaning. The best thing you can do in these situations is check yourself, says Jinpa. Chances are, nothing bad happened the last time you helped another person. And remember: You are always in control of your own boundaries.

As with many things in life, the more you practice compassion, the easier and more natural it becomes. Here are a few proven ways to reap the benefits of this powerful emotion.

Set a daily intention

For example, write "I intend to bring joy to the lives of those around me today" on a Post-it and stick it on the back of your smartphone. This can set the tone for your entire day and may just change the outcomes of your interactions. "People tend to reflect the emotions others are projecting," says Ziev. "If you're showing kindness, you're likely to get it back, too."

Be mindful

The ability to focus on the present promotes compassion by instilling a sense of calm. Instead of immediately reacting when things go wrong, pause to think—then act in a compassionate way. To cultivate more mindfulness in daily life, "take a few minutes to meditate while sitting in a chair or walking around the neighborhood," advises Jean Fain, a psychotherapist and instructor at Harvard Medical School. "Start by wishing good for yourself. Repeat a phrase such as 'May I be safe, may I be happy, may I live with ease' 5 to 10 times. Then wish the same for your friends and family."

Move more

Repetitive exercise, like running, also encourages mindfulness. In fact, aerobic exercise is more effective at cultivating mindfulness than relaxation training, found a 2014 study in *Mental Health and Physical Activity*. Researchers suspect this is because physical activity activates brain regions that control attention.

Use your (positive) imagination

It's human nature to insta-judge others. But that guy who cut you off in traffic? He could be rushing home to his sick wife. And the friend of a friend who made a snide remark about your outfit? It's entirely possible she suffers from social anxiety and was trying (unsuccessfully) to be funny. "Compassion requires you to give people the benefit of the doubt," says Jinpa. That doesn't mean you should become everyone's favorite doormat, but do your best to let unkind asides and actions roll off your back. And if you screw up and respond to someone in a way you regret, extend *yourself* the benefit of the doubt—you'll do better next time. After all, you deserve to get as much compassion as you give. ■

SPREAD THE LIGHT!

You don't have to give away your worldly possessions or donate an organ to express compassion. Try these super-simple but oh-so-meaningful ideas from Brenda Knight, author of *Be a Good in the World.*

- **Put down your phone and make actual eye contact.**
- **Catch a co-worker doing something amazing.**
- **Bring a sick pal some soup or sushi, or whatever she's craving.**
- **Give a compliment—and mean it.**
- **Let the Chatty Cathy in your life talk your ear off for a few extra minutes.**
- **Take out an elderly neighbor's trash.**
- **Don't wait for birthdays and other special occasions to say those three little words; take a tip from Stevie Wonder and call someone just to tell her you love her.**

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NIGELLA SAYS: "I prefer home-cooked chickpeas; the canned ones can make the hummus bitty. However, if you like, two 15-ounce cans of chickpeas (drained) can be used in place of those specified."

(recipe on page 136)

CARAMELIZED GARLIC HUMMUS

make-ahead FYI

You can prep up to 2 days in advance. Cover and refrigerate.

Cook Like a Domestic Goddess

Few chefs know better than Nigella Lawson how to whip up crowd-pleasers. Her new book, *Simply Nigella,* is all about using simple ingredients to make amazing dishes.

PHOTOGRAPHY BY KEIKO OIKAWA

TEQUILA AND LIME CHICKEN

Prep: 15 minutes
Chill: 6 hours
Stand: 30 minutes
Cook: 55 minutes
Serves: 4

- 1 medium chicken (about 3 lb.), preferably organic, cut into 8 pieces
- 5 Tbsp. blanco tequila
- Zest and juice of 2 limes, preferably unwaxed
- ½ tsp. crushed red pepper flakes, plus more for sprinkling, optional
- 1–2 tsp. sea salt flakes or kosher salt
- 2 Tbsp. olive oil
- Chopped fresh cilantro
- Lime wedges, for serving

1 Put chicken pieces into a resealable bag. In a bowl, mix together tequila, lime zest and juice, red pepper flakes, salt and oil. Tip into bag with chicken. Seal or tie tightly (letting out air first), place in a dish and refrigerate for at least 6 hours or up to overnight. (If you're short on time, let stand for 40 minutes in a cool place.)

2 Preheat oven to 425°F. Remove chicken pieces from bag, reserving marinade. Set pieces on a small, shallow roasting pan and let stand until they reach room temperature, about 30 minutes. (It's important that they sit on pan without a lot of room to spare, or else marinade will immediately evaporate in the hot oven.) Pour half of marinade over chicken pieces and roast for 25 minutes.

3 Remove chicken from oven, pour remaining marinade over pieces, then roast until cooked through, 25 to 30 minutes.

4 Put chicken pieces on a serving plate. Add a little boiling water to pan to help get every last bit of flavor-sticky juice out, then pour it over chicken. Sprinkle with chopped cilantro and some more red pepper flakes, if desired. Serve with lime wedges.

PER SERVING: *362 Calories, 13g Fat (2g Sat.), 142mg Chol., 1g Fiber, 47g Pro., 1g Carb., 737mg Sod., 1mg Iron, 17mg Calcium*

make-ahead FYI

The chicken can be marinated up to 2 days in advance. Cover and refrigerate until needed.

NIGELLA SAYS: "To go with this chicken, a simple green salad and some avocado sprinkled with fresh cilantro and red pepper flakes does it."

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NIGELLA SAYS: "I like this as a meal in itself, which can be gorgeously bolstered with feta crumbled over it, but I often make it in place of potatoes to accompany roast chicken or stews."

storage FYI

Cover and refrigerate leftovers within 2 hours of making (let cool first). Keep refrigerated for up to 2 days. Reheat in a pan over low heat, stirring occasionally and adding a splash of stock if needed.



SLOW-COOKER CHICKPEAS WITH CUMIN AND SPINACH

Prep: 10 minutes
Cook: 8 hours 10 minutes
Serves: 8

- 3 cups dried chickpeas
- ½ tsp. baking soda
- 1 lb. spinach
- 2–3 Tbsp. extra-virgin olive oil
- 1 clove garlic, minced
- 4 tsp. cumin seeds
- 1 cup vegetable broth
- Sea salt flakes or kosher salt

1 Put chickpeas in a slow cooker and cover with cold water by 2 inches. Add baking soda, cover and cook on low for 6 to 8 hours.

2 Drain chickpeas and rinse spinach. Pour oil into bowl of slow cooker (if it's one that can go on stove; otherwise, use a pan that comes with a lid). Add garlic, then heat for 30 seconds to 1 minute; don't let garlic burn.

3 Stir 3 tsp. cumin seeds into hot oil. Add half of spinach, which will still have some water clinging to leaves, and ¼ cup broth. Cover and cook until spinach wilts, about 3 minutes. Stir, then add remaining wet spinach and ¼ cup broth. Stir again, cover and cook just until spinach wilts.

4 Tumble in drained chickpeas and tenderly stir to mix, adding as much broth as you need to facilitate this. Salt to taste, then remove slow cooker or pan from heat.

5 Toast remaining teaspoon of cumin seeds in a hot, dry pan. Sprinkle over top of dish and serve.

PER SERVING: *227 Calories, 8g Fat (1g Sat.), 0mg Chol., 9g Fiber, 9g Pro., 33g Carb., 668mg Sod., 4mg Iron, 83mg Calcium*

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JACKSON POLLOCK

Prep: 20 minutes
Cook: 9 minutes
Serves: 2

- **8 oz. spinach (about 3 cups)**
- **¾ cup parsley leaves**
- **Sea salt flakes or kosher salt**
- **Zest and juice of ½ unwaxed lemon**
- **3 Tbsp. vegetable oil**
- **1 Tbsp. extra-virgin olive oil**
- **1 cup roughly chopped roasted red peppers in oil**
- **1 clove garlic, minced**
- **2 skinless pollock fillets (8 to 10 oz. total)**

1 Preheat oven to 400°F. In small bowl of a food processor, blitz 1½ cups spinach with parsley, ½ tsp. salt, lemon zest and juice and vegetable oil until emulsified. Add olive oil; blitz again. Taste and season lightly with more salt if needed. Add up to 2 tsp. cold water to thin.

2 Tip roasted peppers and their oil into a small baking dish. Add garlic; sprinkle with salt and stir. Sit fish on top and bake until cooked through, 5 to 7 minutes.

3 Heat a large pan. Add remaining spinach; season with salt. Cover; cook until spinach wilts, about 2 minutes. With a slotted spoon, place spinach in dollops on a large plate. Cut fish pieces in half and add to plate. Arrange peppers around fish and spinach. Dribble a little of peppers' oil over fish. Streak with green sauce and serve.

PER SERVING: *457 Calories, 32g Fat (3g Sat.), 81mg Chol., 6g Fiber, 26g Pro., 19g Carb., 1,071mg Sod., 6mg Iron, 187mg Calcium*

(pictured on page 131)

CARAMELIZED GARLIC HUMMUS

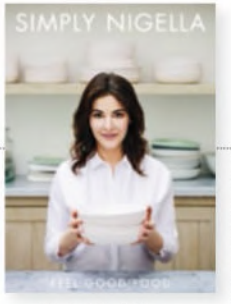
Prep: 20 minutes
Cook: 45 minutes
Serves: 8

- **1 large head garlic, whole and unpeeled**
- **3 cups chickpeas, preferably home-cooked**
- **Zest and juice of 1 unwaxed lemon**
- **¼ cup tahini**
- **¼ cup extra-virgin olive oil, plus more for drizzling, optional**
- **Sea salt flakes or kosher salt**
- **Generous grind of white pepper**

1 Preheat oven to 425°F. Cut off top of garlic head so you can just see tops of cloves peeking through. Discard top, then sit garlic on a piece of aluminum foil and seal ends tightly, while leaving parcel slightly baggy. Place on a small foil pan (or similar) and bake for 45 minutes. Let cool in foil wrapping.

2 Drain and rinse chickpeas (if using canned or jarred), then tip into a food processor. Add lemon zest and juice; squeeze in soft flesh from caramelized garlic. Spoon in tahini and ¼ cup oil, then blitz to a smooth puree. Tip in up to ¼ cup cold water to get the right consistency, blitzing as you go, then add 1 tsp. salt and pepper. Taste and season lightly with more salt if needed. Decant into a bowl. Drizzle with more oil, if desired, and serve.

PER SERVING: *206 Calories, 14g Fat (2g Sat.), 0mg Chol., 4g Fiber, 5g Pro., 16g Carb., 453mg Sod., 1mg Iron, 34mg Calcium*



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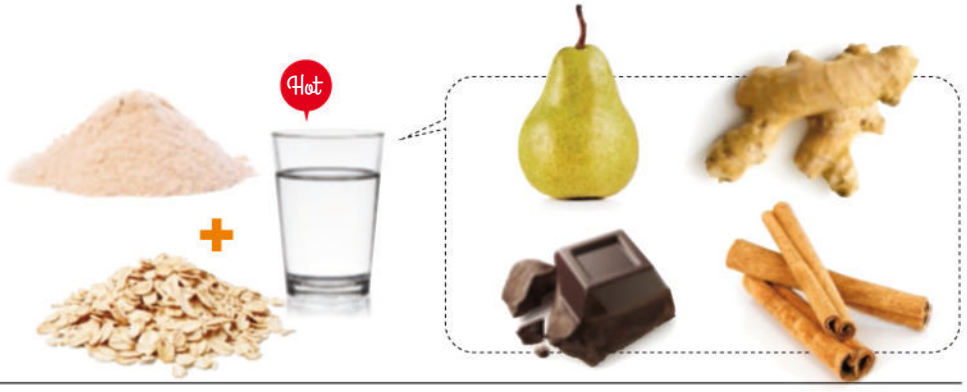
How Nutrition Pros Wake Up Their Oatmeal

Back away from the raisins! You'll love the experts' personal secrets to upgrading that morning bowl.

Sweet + Spicy

Cynthia Sass, RD
Author of Slim Down Now

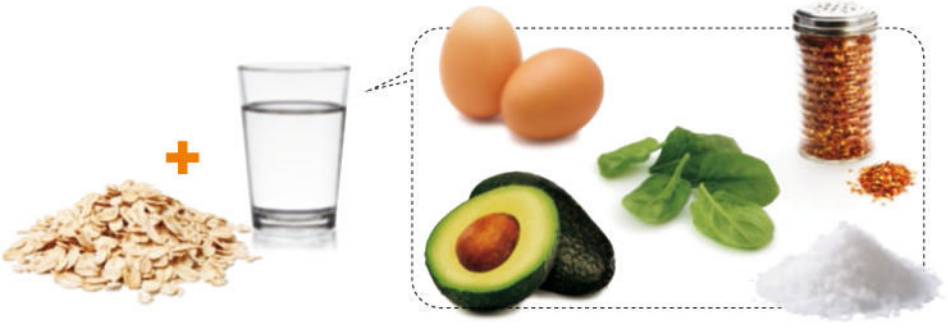
▶ ¼ cup plain unsweetened pea protein powder stirred into 2 Tbsp. rolled oats and mixed with ½ cup hot water
Top with: 1 small pear (chopped and sautéed in 2 Tbsp. water, ½ tsp. grated fresh ginger and ¼ tsp. cinnamon) and ½ oz. 70 percent dark chocolate



Savory Surprise

Dawn Jackson Blatner, RD
Author of The Flexitarian Diet

▶ ½ cup rolled oats cooked in water
Top with: 2 eggs (fried or scrambled in a mist of oil), 2 cups baby spinach, ⅓ avocado and a pinch each of red pepper flakes and sea salt



The Energizer

Vincent Pedre, MD
Author of Happy Gut

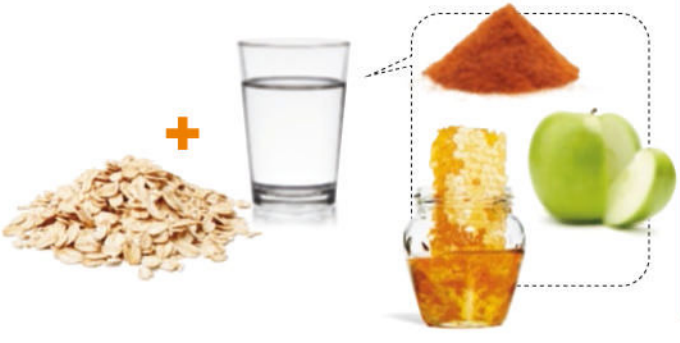
▶ ½ cup steel-cut gluten-free oats cooked in 1 cup homemade almond milk
Top with: ½ cup steamed butternut squash cubes, 1 Tbsp. toasted pumpkin seeds, 7 walnut halves, ½ tsp. cinnamon and ¼ tsp. nutmeg



The Morning Treat

Autumn Calabrese
Trainer and author of Fixate

▶ ½ cup rolled oats cooked in water
Top with: 1 small chopped apple, ¼ tsp. apple pie spice and 1 tsp. raw honey



Creamy vs. Chewy

▶ It isn't milk that makes oatmeal creamy; it's how you cook it. For a creamy bowl, add the oats to cold water, bring to a boil, then simmer. Prefer it chewier? Just add the oats to boiling water, then simmer.

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Pass the Polenta!

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Recipe developed by
JEANNE KELLEY

CREAMY POLENTA WITH MUSHROOMS, CHICKPEAS AND OLIVES

Prep: 10 minutes
Cook: 46 minutes
Serves: 6

Mushroom medley:

- 1 Tbsp. extra-virgin olive oil
- 12 oz. sliced wild mushrooms (about 7 cups)
- 3 cloves garlic, minced
- 1 large red onion, sliced vertically (about 2 cups)
- 1 Tbsp. chopped fresh thyme
- ½ cup dry white wine
- 3 Tbsp. balsamic vinegar
- 1 cup organic vegetable broth
- ½ tsp. freshly ground black pepper
- ¼ tsp. kosher salt
- 12 mixed olives, pitted and coarsely chopped
- 1 14.5-oz. can unsalted chickpeas, rinsed and drained

Polenta:

- ¼ tsp. kosher salt
- 1 cup stone-ground polenta or grits
- 2 oz. grated Parmesan (about ½ cup)
- 3 Tbsp. coarsely chopped fresh flat-leaf parsley

1 Prepare mushrooms: Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add mushrooms, garlic, onion and thyme; sauté, stirring frequently, until lightly browned, about 8 minutes. Add wine and vinegar; cook until liquid is reduced by half, about 2 minutes. Add broth, pepper, salt, olives and chickpeas; bring to a boil. Reduce heat to medium and simmer until slightly thickened, about 6 minutes.

2 Make polenta: In a medium, heavy saucepan, bring 3 cups salted water to a boil over medium-high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low; cook, stirring frequently, until thick and creamy, about 30 minutes. Stir in 1 oz. cheese.

3 Divide polenta among 6 shallow bowls. Top with mushroom mixture, sprinkle with remaining 1 oz. cheese and parsley and serve.

PER SERVING: *251 Calories, 7g Fat (2g Sat.), 8mg Chol., 4g Fiber, 10g Pro., 35g Carb., 510mg Sod., 2mg Iron, 159mg Calcium*

PHOTOGRAPHY BY RANDY MAYOR



What Will



You Make?



With 100 calories per delicious serving, the possibilities are endless.

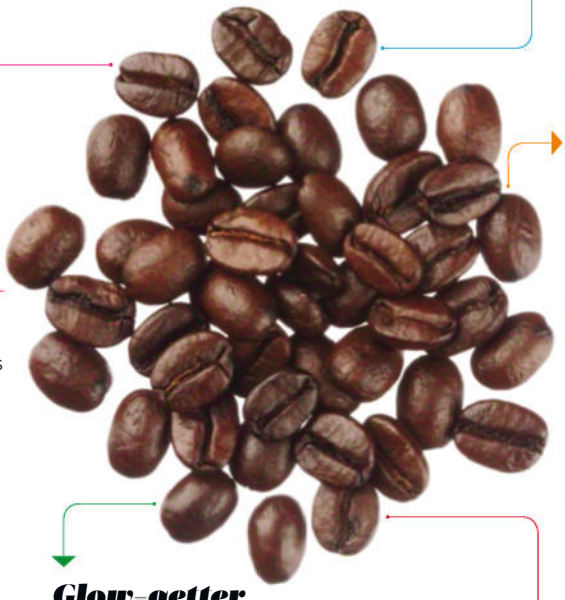
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Beauty Uses for Coffee

Wake up your skin and hair with these at-home brews. *By* **HOLLY DAWSEY**

YOU'VE SEEN THE POWER OF A CUP OF JOE: ALL IT TAKES IS A FEW SIPS TO BRING you back from the Walking Dead. Happily, it's a perker-upper for skin and hair, too. "The coffee bean is rich in stimulating caffeine and polyphenols, which are potent antioxidants," says Heidi Waldorf, MD, a dermatologist in New York City. "When used topically, it can brighten skin, ease puffiness and soothe inflammation." Get your fix with either a DIY treatment or our product picks.



Body scrub

An exfoliator with caffeine helps reduce a dimpled appearance by temporarily deflating fat cells.

DIY IT Stir up a skin-renewing body scrub with 1 cup coffee grounds and ½ cup sugar. Add 1 cup hydrating coconut oil and mix well. In the shower, massage the mixture onto wet skin using circular motions and strong pressure; rinse off and pat dry.



BUY IT Java Coffee Bean and Raw Sugar Body Scrub, $28; javaskincare.com.



Glow-getter

Coffee provides a gentle exfoliation to reveal a fresher, more radiant complexion.

DIY IT To make a mask, combine ½ cup coffee grounds with ½ cup cocoa powder. Add 1 cup whole milk, which packs exfoliating enzymes; stir until mixture forms a paste. Mix in 1 tablespoon honey to lock in moisture. Rub over clean skin and let dry for at least 15 minutes. Rinse with warm water.



BUY IT Lush Cup O' Coffee Mask, $11; lushusa.com.



SCAN TO SHOP! *SCAN THE COFFEE BEANS TO BUY THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4), OR VISIT HEALTH.COM/SHOP-NOW.*

Natural volumizer

FYI: Place a recycled coffee filter over your drain to keep the grounds from clogging your pipes when you rinse.

Treating hair regularly with coffee can help keep the roots active and stimulate growth, according to a recent study at the University of Lübeck in Germany.

DIY IT Once a week, mix a handful of coffee grounds with a dollop of conditioner and work through roots, gently massaging your scalp to stimulate circulation; wait five minutes before rinsing.



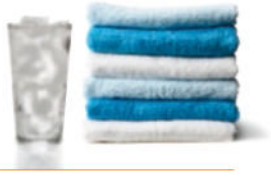
BUY IT Aveda Clove Conditioner, $21; aveda.com.



Post-sun soother

Coffee's anti-inflammatory properties ease redness, and antioxidants fight off UV-induced free radicals. Even better? Researchers found that when applied topically, caffeine helps protect against some skin cancers at the molecular level.

DIY IT Dilute a cup of brewed coffee with cold water, then soak a soft cloth in the solution and blot over sunburned areas. Your skin will immediately feel cooler.



BUY IT Alba Botanica Hawaiian Replenishing Kona After-Sun Lotion, $12; at Target.



Undereye balm

Caffeine helps drain the fluid under eyes that causes puffiness, and it constricts blood vessels to dial down dark circles, explains Dr. Waldorf.

DIY IT Create a cold compress by soaking two cotton rounds in a chilled cup of coffee. Wring them out, place over closed eyes and relax for 10 minutes as the liquid absorbs into your skin.



BUY IT 100% Pure Organic Coffee Bean Eye Cream, $25; 100percentpure.com.



COFFEE BEANS, MAYA KOVACHEVA PHOTOGRAPHY/GETTY IMAGES; CONDITIONER, VALENTYN VOLKOV/GETTY IMAGES; WATER, TUNED_IN/GETTY IMAGES; TOWELS, FLOORTJE/GETTY IMAGES; COTTON PADS, WHITEWISH/GETTY IMAGES; COCOA POWDER, MERIH UNAL OZMEN/GETTY IMAGES; MILK, BENOITB/GETTY IMAGES; COCONUT OIL, BILL BOCH/GETTY IMAGES; SUGAR, LEW ROBERTSON/GETTY IMAGES; HONEY, LEW ROBERTSON/GETTY IMAGES; PRODUCT IMAGES COURTESY OF MANUFACTURERS

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